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Dozens rally to support pay raises

By BRENDA BALIN-BEITSCHER
bbeitshcer@lakelandmedia.com

Lake Villa Township's monthly board meeting, usually unattended by the public, drew about 25 people. While some were there to witness the presentation of a Timberwolves football trophy, most stayed to show support for Lake Villa Highway Commissioner Jim Jorgensen's bid for a raise.

Jorgensen and the other elected township officials (supervisor, trustees, clerk and assessor) have salaries set at least six months in advance of their terms.

The board's consideration of all the elected officials salaries and benefits will affect the next term, to begin in May 2005.

Township Supervisor Dan Venturi noted the numbers might be moot for those now in position, as the next election could completely change the line-up of officials.

An abortive attempt to change salaries and benefits was made in May 2002, when Trustee Homer Lawson asked the board to approve adding health benefits to the trustees' compensation. Health benefits are presently available only to the supervisor, assessor and highway commissioner.

The resolution was approved by a 3-2 vote, with Venturi and Trustee Glenn McCollum opposing on the grounds that the request was illegal.

At a subsequent meeting, when Venturi produced information regarding the pre-term requirements set by the state, the board unanimously rescinded the resolution.

At the February board meeting, Venturi presented a list of proposed annual salaries for the first year of the next term, as follows:

Supervisor: \$45,000
Highway Commissioner: \$49,500
Assessor: \$49,500
Clerk: \$8,000
Trustees: \$3,000

Salaries increase by 5 percent (for cost of living) each year. Trustees salaries are fixed for the full 4-year term.

Present annual salaries, in the fourth year (2004-05) of the current term, are as follows:

Supervisor: \$41,328
Highway Commissioner: \$41,328
Assessor: \$41,328
Clerk: \$7,500
Trustees: \$2,400

Lawson asked for the resolution to be tabled until the

Please see RAISE / A5

Child porn evidence destroyed: police

Mark K. Mouton, 40, of 753 Blackman Terrace, Antioch, was arrested by the Lake County Sheriff's Office on Feb. 3, and charged with four counts of obstructing justice.

According to Sgt. Christopher Thompson of the Lake County Sheriff's Office, as investigators came across information and the initial 13 tapes allegedly made by Aric R. Sven that show eight children in 16 separate instances either partially or fully nude, it became apparent that there were more tapes.

"Mr. Mouton destroyed these tapes at the request of Mr. Sven," Thompson said.

Thompson said the charges against Mouton are based on the destruction of evidence. He said Mouton is a friend of Sven.

Mouton was released on personal recognizance the same day he was arrested.



Mike Stanek of the Libertyville Fire Department is helped out of the water by John Gaffke, also of Libertyville, and Lake Villa Firefighter J.R. Halek during an ice rescue drill on Cedar Lake. — Photo by Candace H. Johnson

Firefighters on the rocks

*Smoke and fire are not
the only hazards firefighters face*

By JULIE MURPHY
jmurphy@lakelandmedia.com

If it's not running into a burning building, it's diving into icy waters. Firefighters from the departments of Antioch, Lake Villa, Libertyville, Countryside and Fox Lake gathered in Lake Villa to hone their ice rescue skills.

Lt. Glen Heitman, certified instructor and dive team leader with the Lake Villa Fire Department, said, "As with anything else, we have to practice. Today, we have 12 divers and 10-15 for surface support and ice rescue."

He said normal procedure dictates that rescuers wear waterproof emersion suits that float, and that are tethered to the shore. Both Antioch and Lake Villa have rescue boards that float, and that are also tethered to the shore.

"We need to work quickly to get a floatation sling on the victim," he said. "If the victim is further out or on open water, we use the airboat that is shared by the members of Quad II (Antioch, Fox Lake, Grayslake, Lake Villa and Round Lake) and kept in Fox Lake. We can typically get to someone in a matter of minutes."

Time is critical as hypothermia sets in quickly.

Rescuer Keith Rollene, of Lake Villa, said

that while there are documented cases outside of the United States of people surviving after having been submerged for about an hour, the "golden period" is only about 10 minutes. Heitman said that in his history, he never recalled a victim surviving after going completely under.

"It's a bad situation," he said. "Even after that golden period, we work in rescue mode for the first hour and one-half. After that, it's recovery."

Even certified ice divers who don thermal wet suits with rubber cuffs to seal out the water, fleece thermal liners and full face masks are limited to 10 or 15 minutes under the ice.

"With the full face mask, we can have better communication between tender and diver, but we always practice rope-tug signals," Heitman said.

He said that from the tender on the surface to the diver below that one tug asks "are you okay?," two tugs tells the diver to stop, change direction; three tugs tells the diver to come to the surface and four tugs tells the diver to stay put. Similarly, the diver can communicate back to the surface: one tug, "I'm okay;" two tugs, more slack; three tugs, found object; and four tugs, send help.

Heitman added, "The problem with the

Please see FIREFIGHTERS / A6

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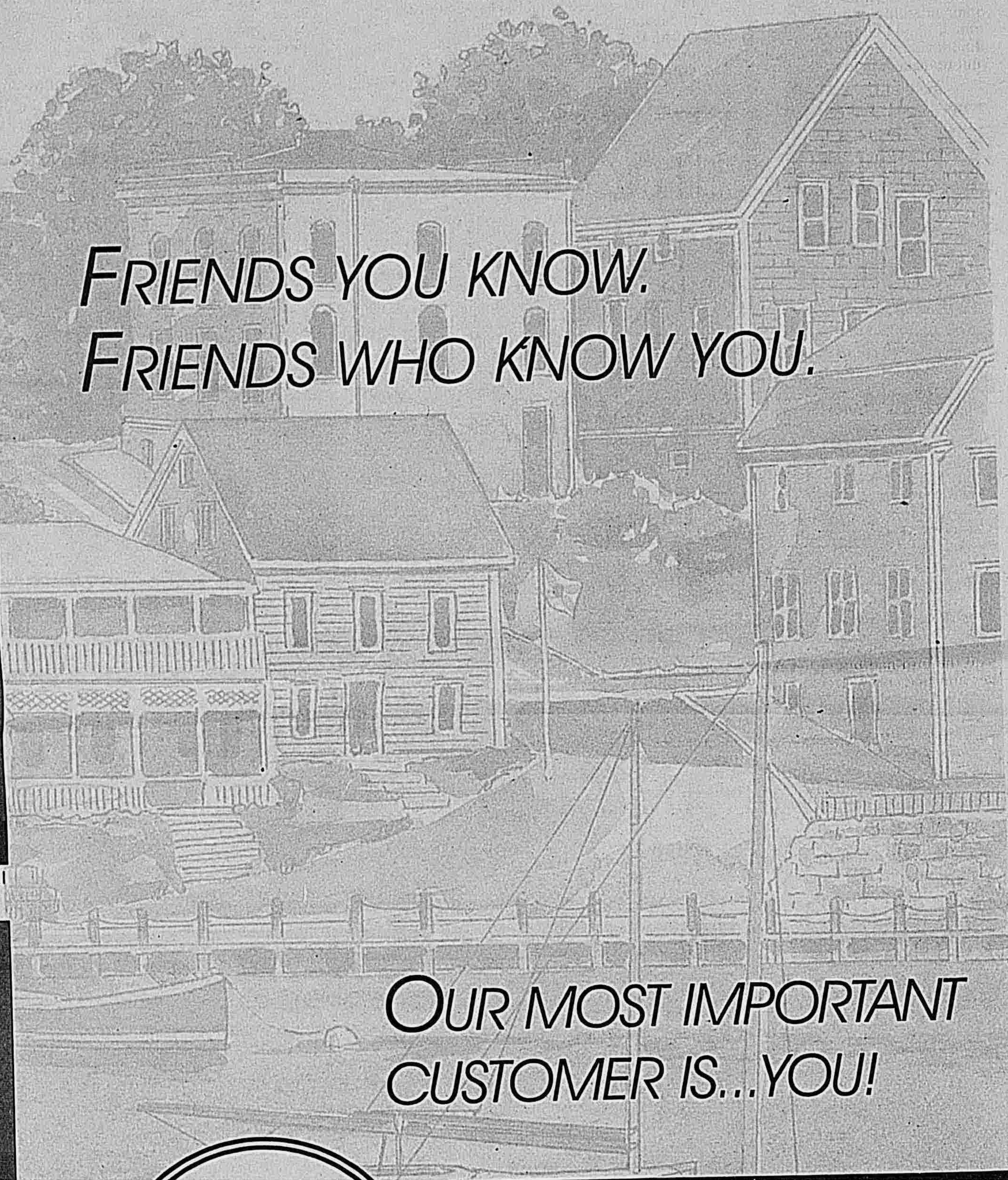


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NICC ice fishing derby Feb. 14-15

With luck, the weather will stay cold enough to supply a nice layer of ice on the area's lakes for the Northern Illinois Conservation Club (NICC) 43rd Chain O'Lakes Ice Fishin' Derby to be held on Feb. 14-15.

"We are the longest continuously run winter event in the State of Illinois and very proud of that," said publicity director Bonnie Letich. "We are going all out to make it better than ever."

The event is held even if there

isn't ice. In previous years, the club's president, Peter Poli, said, "If there hadn't been any ice, we still would have held the event but people would have fished from boats or off the piers. Any legal catch would count."

Headquarters will be at Thirsty Turtle on Channel Lake, with a satellite at Sandbar on Lake Marie. For more information on weather conditions and parking, call these locations: Thirsty Turtle, 847-395-4704,

Matt Deichl; Sandbar 847-395-8990, Sheryl Nowak.

The event raises money for NICC, a group whose motto is "working for conservation." Additionally, a \$1,000 scholarship will be awarded to an Antioch Community High School student with some of the proceeds.

The club maintains better than 62 acres of club grounds and donates to similar conservation organizations.

Hourly fishing prizes are

awarded for all ten categories at each claiming station for both the largest and the smallest fish. Fish could only be registered once. Overall length determined the winner in the largest fish contest.

"Our auction, to be held at the end of the derby on Sunday, Feb. 15, is always one of the highlights," added Letich. "Dodge of Antioch has donated a good used vehicle this year, and we are getting a good variety of quality

items. We will be holding both adult and kids auctions (only children under 12 can bid)."

Additional entertainment includes children's games and carnival games, rod and reel and penny raffles as well as some surprises events. There will be food and refreshments and much more to fill these days with good old-fashioned winter fun.

The fishing hours will be Saturday from 8 a.m. -4 p.m. and Sunday from 7 a.m. -2 p.m.

Police uncover pinched parrot

By JULIE MURPHY
jmurphy@lakelandmedia.com

Rebecca Murawski, 49, of 23640 123rd St., Trevor, Wis., was arrested on Feb. 4 after Antioch police literally uncovered a parrot she had stolen from Best Pets in Antioch.

Detective Sgt. Craig Somerville, of the Antioch Police Department, said, "We're thinking of increasing the charges from theft to enhanced theft, because she really tried to hide this bird. He said the bird had bitten her finger and flew away after she left the store. We found the bird hidden in a potato chip box, under a



towel in a laundry hamper in her closet."

Somerville said Murawski had gone to the pet store with a friend who was legitimately purchasing a bird for her son. Allegedly, Murawski left the store prior to her friend with the bird, valued at \$500, and hid it in a large glove in the back of the woman's car.

"She admitted to taking the bird, but said it had flown away," he said. "It didn't add up because the bird had clipped wings. We looked all over for the bird, but never found it."

Somerville said the bird's condition was fine when they found it in her home.



Give me some paw

Robin Bengtson of Lake Villa shows how 15-month-old retriever mix Slater can give a high five during a presentation at Palombi Middle School in Lake Villa. Bengtson is a volunteer puppy trainer for Canine Companions for Independence. — Photo by Sandy Bressner

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SCHOOL DIGEST

Hillcrest hosts kindergarten round-up

Hillcrest Elementary School is inviting parents of incoming kindergartners to its first Kindergarten Round Up on Thursday, March 4 at 7 p.m. The meeting will be held in the new multipurpose room.

Kindergarten teachers will be available to answer any questions that may arise after a presentation explaining what the children should expect when they enter school next fall.

Information will be provided about screening, the daily routine, the full-day pilot program, developmental kindergarten, skill builders and the STAR program.

Childcare will be provided. Reservations are required.

For more information, or to make a reservation, call 847-838-8001.

Hillcrest is located on Depot Street just west of Deep Lake Road.

District 34 plans parade

On March 13, there will be a parade from 10-11:30 a.m. that will begin at Hillcrest Elementary on Depot and end at Antioch Elementary on Main Street.

Students and their parents are invited to participate in this event, with lunch provided to those who do.

For more information, call the district at 847-838-8401.

General Assembly scholarships available

Students pursuing an education at one of the Illinois state universities in the fall of 2004 should consider applying for one of the eight scholarships that will be granted by Rep. JoAnn Osmond (R-Antioch).

To be qualified for the Illinois General Assembly Public Affairs Scholarships, students must reside within the 61st Legislative District and receive acceptance into one of the state uni-

versities as a full-time student for the school year beginning in the fall of 2004.

The scholarships include full tuition, including summer school, but do not include the costs of room and board. Four of the scholarships are earmarked for students who will be attending the University of Illinois, while the other four scholarships are for schools like Northern and Western.

Those interested in applying should call Osmond's Antioch office at 847-838-6200. The deadline to return applications is April 1.

Eligibility is not limited to current high school students. College students are eligible as well.

Yearbook staff seeks pictures

Emmons School yearbook staff welcomes submitted pictures from parents, grandparents, friends or siblings that show Emmons students and that would be appropriate for the yearbook.

The staff asks that pictures be clear and not blurry. Pictures will not be returned so do not send anything that will be missed or for which there is not a duplicate.

Pictures should be sent to the school via students or regular mail to: Yearbook Pictures, Emmons School, 24226 W. Beach Grove Road, Antioch, IL 60002.

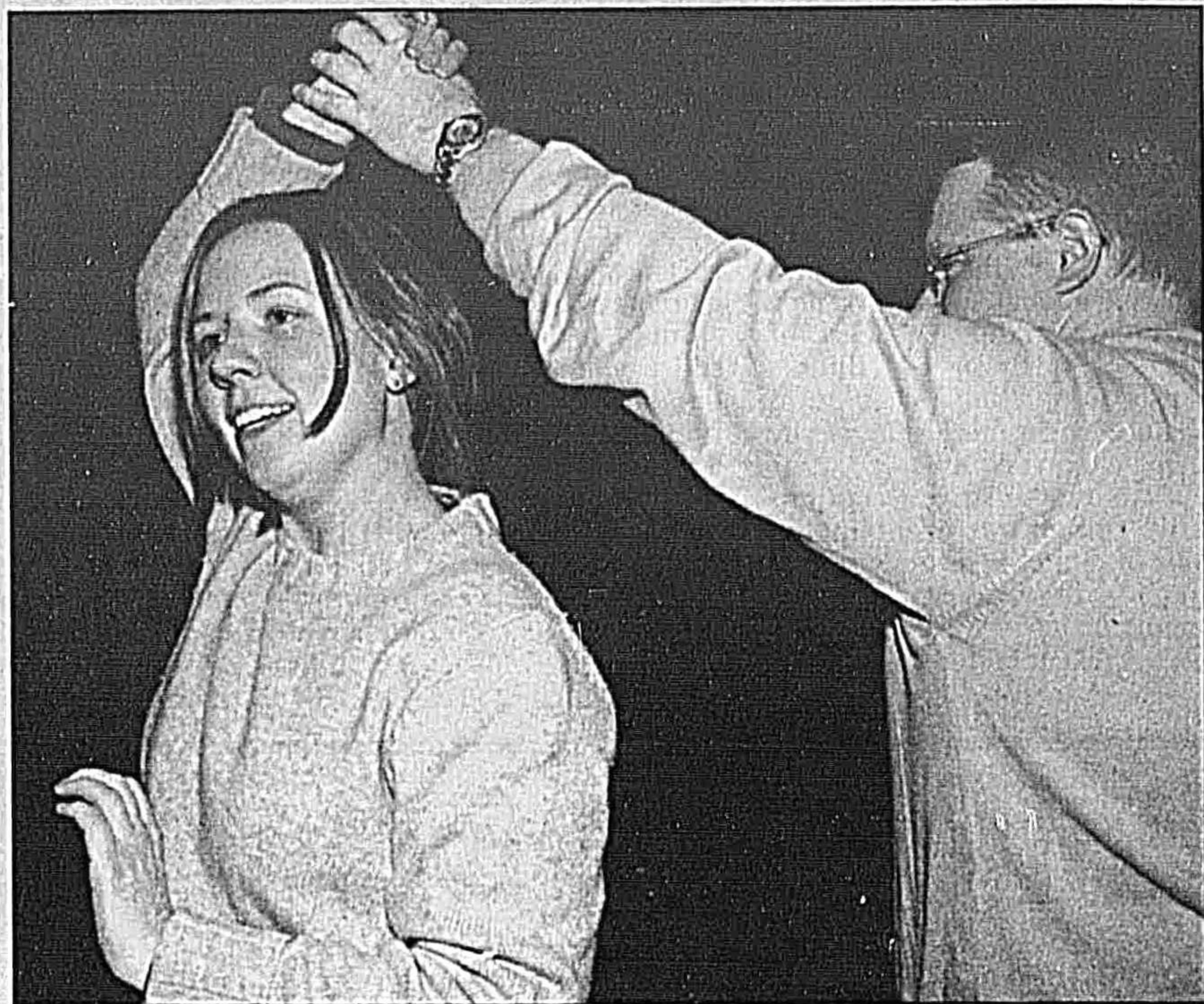
Early childhood screening

Antioch Community Consolidated District 34 offers early childhood developmental screening.

Parents with concerns should consider this. Developmental screening is a brief series of activities and observations designed to identify children who may have a potential problem that requires further assessment.

Screening is available to children between the ages of 3-5 years old and who have not yet entered kindergarten within District 34. To schedule an appointment, call the special education office at 847-838-8422.

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with weekly movie reviews and releases



Swing your partner

Marianne Maliszewski of Antioch is twirled by Scott Bojan of McHenry as they practice their dance moves for their upcoming wedding at The Dance Academy in Antioch. The class was given by the Antioch Park District.—Photo by Candace H. Johnson

St. Peter's names honor students

These students of St. Peter School in Antioch have been named to the honor roll for the first quarter.

Grade 5

Highest Honors

Dominique Bessett

First Honors

Ben Dykiel, Julia Keenan, David Wilson

Second Honors

Savanna Bailey, Sarah Colette, Alycia Johnson, Stephanie Kowalczyk, Samantha Kozenski, Cara Lamusga, Kady Lynch, Laura Stangel, Alex Wantrobski, Kelly West

Grade 8

First Honors

Jessica Bohn, Emileigh Cenedella, Laura Gauntt, Sarah Strack, Kathryn VandenHeuvel

Second Honors

Nicole Dykiel, Alex Keenan, Jacob Schweit

Grade 7

Highest Honors

Alexa Orticelli, Jordan Palmer, Kevin Stone, Molly Thompson

First Honors

Marcus Bland, Jacob Bowen, Valerie Brzezinski, Alex La Fortune, Juline Lamusga, Brice Lundman, Andre Rapinchuk, Brennan Talaber, Ian Tune, Rachel White, Nick Wilson

Second Honors

Matthew Aparo, Lauren Colette, Chris Gotti, Lauren Hall, Pierce Johnson, Lydia Liniewicz, Kyle Mumenthaler, Mac O'Connell, Alex Pechauer, Shannon Ranzini, Max Ring, Robert Schartz, Joseph Suopys, Ryan Tamalunas

Grade 6

Highest Honors

Solange Simpson, Rachel Tack

First Honors

Daniel Carlsen, Will Gomes, Derek Jordan, Kathryn Konopka, Kailey Moon, Stephanie Pringle

Second Honors

Zach Augustin, Shannon Cahill, Stephanie Johnson, Nick Marsalek, Mary O'Connell, Nicole Quist, Trevor Stein, Tyler Tamalunas

Grade 5

Highest Honors

Angela Small

First Honors

Mitchell Conley, Joshua Graves, Alex Marsalek, Jake Meeks, Chris Mihovilovich, Kristina Ring, Samantha Schwabe, Hannah Shepherd, Katie Short, Medeline Wines

Second Honors

Kelsey Becker, Becca Bowen, Patrick Cannon, Sarah Gagnon, Lindsey Gofron, Ryan Goscinski, John Grandfield, Bradley Gundlach, Hannah Jennrich, Connor Jordan, Melanie Lass, Bree Lundman, Mason Peters, Steve Powers, Emma Siemsen, Michael Tynski, Amanda Wozniak

Grade 4

Highest Honors

Angela Small

First Honors

Mitchell Conley, Joshua Graves, Alex Marsalek, Jake Meeks, Chris Mihovilovich, Kristina Ring, Samantha Schwabe, Hannah Shepherd, Katie Short, Medeline Wines

Second Honors

Kelsey Becker, Becca Bowen, Patrick Cannon, Sarah Gagnon, Lindsey Gofron, Ryan Goscinski, John Grandfield, Bradley Gundlach, Hannah Jennrich, Connor Jordan, Melanie Lass, Bree Lundman, Mason Peters, Steve Powers, Emma Siemsen, Michael Tynski, Amanda Wozniak

Oakland

fourth-graders use electricity, make cars

Using electricity, Oakland fourth-graders will be constructing their own model car from scratch.

There will be classroom competitions involving speed and distance. Awards will be given to the top cars.

The students will be limited to using simple items such as a tongue depressor, two double-A batteries, one rubber band, one 30-centimeter bell wire, a plastic straw, a bamboo skewer, three film canister lids, a 1.5-volt motor and lots of masking tape.

This is the culminating activity to electricity unit that taught the students how to build a circuit, how different types of circuits work, how to construct a flashlight and make switch filaments as well as the use and function of conductors and insulators. This curriculum was aligned with Illinois Science Standards and included safety information.

Benjamin Franklin, Albert Einstein and Thomas Edison were among the inventors studied.

The cars will be put to the test the week of March 8.



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POLICE BEAT

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ANTIOCH

DUI

Lawrence W. Weddel, 35, of N 2427 Crispus Attucks Drive, Burlington, Wis., was arrested for DUI on Feb. 8 at 3:31 a.m. in the 1000 block of Route 173.

An officer was dispatched to the area and locked Weddel traveling 54 in 40-mph zone. As police turned around to follow, Weddel was observed crossing the centerline and back across the fog line.

The officer detected the strong odor of alcoholic beverage when Weddel was stopped. He failed all field sobriety tests requested of him.

Weddel was arrested for DUI, and refused chemical testing. He was issued additional citations for speeding, two counts of improper lane usage and for not wearing a seatbelt.

He was released on personal recognizance pending his March 9 court date.

Dennis A. McClintock, 53, of 284 Windsor Terrace, was arrested for DUI on Feb. 8 at 2:12 a.m. on Route 83 at Ida.

He was stopped for crossing the yellow centerline. A check of his identifiers through LEADS/NCIC came back with information that his driver's license was revoked for DUI.

The officer detected the strong odor of alcoholic beverage on McClintock's breath. He failed all field sobriety tests requested of him, and refused chemical testing.

He was arrested and issued citations for DUI, improper lane usage and driving while revoked. McClintock was released on personal recognizance pending his March 9 court date.

Peter U. Pruetting, 48, of 25142 Buena Park Ave., Lake Villa, was arrested for DUI on Feb. 8 at 12:33 a.m. on Route 173 west of Eagle Ridge.

An officer saw a vehicle drift into the opposite lane of traffic and had to maneuver to avoid collision, and turned around to follow the vehicle. The vehicle turned onto Deep Lake Road and increased its speed to 60 mph in a 40-mph zone.

When stopped, the officer detected the strong odor of alcoholic beverage on Pruetting's breath. He failed all field sobriety tests requested of him.

Pruetting was arrested and issued a citation for DUI. He refused chemical testing and was issued additional citations for improper lane usage and speeding. He was released on cash bond pending court.

LAKE VILLA

DUI

Wanda M. Frank, 43, of 711 Waters Edge Drive, Lake Villa, was arrested by Lake Villa Police on Jan. 26 while driving westbound on Route 132 near Bank. Police found Frank's car near two other cars parked in the roadway. Apparently, Frank had struck at least one of the cars, according to the police report. Frank drove over the curb and then attempted to drive away when police approached the vehicle. Police noted her balance was poor, and an odor of alcohol was detected on her breath. She failed three of three field sobriety tests, and refused breath tests. Frank's 8-year-old daughter was a passenger in the car. Frank said she was driving the girl to Thompson School. Police took the child to school.

Frank was charged with improper lane usage, DUI, failure to notify the Secretary of

State of an address change and endangering the life or health of a child. She was released on an I-bond, pending an appearance in Waukegan courtroom C-402, on Feb. 13, at 9 a.m. DCFS was notified of the charges. The driver in the other car, a 28-year-old Antioch woman, was taken to Lake Forest Hospital and later released.

Aggravated battery

Daniel K. Lein, 17, of 36077 N. Francis Ave., Ingleside, was arrested by Lake Villa Police on Feb. 2, at 1:00 p.m., at Allendale. Lein allegedly pushed and punched a teacher at the school. According to police reports, Lein had gotten into trouble in the lunchroom, and was told he could not go to the gym. When he attempted to leave the room, a staff member held the door closed from the other side. Lein began kicking the door. When a teacher approached to stop him, Lein reportedly began battering the teacher. He was charged with aggravated battery. Already on probation, he was held at Lake County Jail on a \$30,000 "umbrella" bond.

Animal complaint

A 44-year-old Lake Villa woman was accused of cruelty to her dog. An anonymous complainant called Lake Villa Police on Jan. 30, at 9:58 a.m., to report the woman's dog was left out in the backyard.

Police found the dog in the fenced yard. A dog crate appeared to be inaccessible to the dog. A bowl was in the yard, but police concluded that any water in the bowl would have been frozen as the temperatures recorded on that day were between 4 and minus 5, with wind chills as low as minus 30.

Police observed the dog shivering and shifting its paws in the 2-4 inches of snow that covered the yard.

Police notified the woman, a teacher at Pleviak. She called police at 11 a.m. to advise that the dog had been taken inside the house, where she said he was "panting" with the heat.

She disagreed with the police officer's assessment that the weather was too cold for the animal to be kept outside.

Police contacted the Lake County Animal Warden regarding county ordinances.

The warden's office informed police that criteria for assessing cruelty include whether there is adequate shelter, heat and an appropriate structure to block harmful wind chills and whether the dog has food and water, with consideration given to the quantity and quality of each. Police forwarded the information to the woman. No formal charges were made.

LINDENHURST

Possession of cannabis

Tony J. Bellino, 21, of 515 Monterey Terrace, McHenry, was arrested by Lindenhurst Police on Feb. 7, at 7:35 p.m., at the Mobil station on Grand Avenue and Sand Lake Road. Police were called to the gas station on a complaint of a possible DUI. The complainant said Bellino almost hit him making an improper turn. Police found Bellino attempting to make a turn in the entrance of the Mobil car wash. He said he had not been drinking. Bellino failed four of four field sobriety tests. Police noticed an odor of burnt cannabis in the car. A search turned up a glass smoking pipe with a burnt residue in the bowl, and two plastic bags. One bag contained 10.5 grams of a leafy green substance.

The other contained 51.4 grams. Both field-tested positive for cannabis. Police also found a postal scale, several sample packets of Flexil (a muscle relaxant) and a prescription bottle containing several marijuana cigarette stumps. Bellino had \$4239 in cash in his possession.

Bellino said he had taken 1000 mg. of Vicodin. He told police he was refusing to take blood or urine tests because he had smoked marijuana three weeks ago.

Bellino said he was not a dealer. He said his friends asked him to get the cannabis, and that he purchased a one-ounce bag for about \$150. He claimed he did not make a profit on the purchase, but the friends gave him some of the cannabis for his own use.

He was charged with improper turning, DUI cannabis, DUI combination, felony possession of cannabis and felony possession of cannabis with intent to deliver. He was turned over to Lake County Jail pending bond court.

Lottery tickets missing

Lindenhurst Police received a report of the theft of a \$300 book of lottery tickets from the White Hen Pantry at 2144 Sand Lake Road on Feb. 1 at 9:16 a.m. The tickets were kept behind the counter, and were believed stolen by an employee. Police flagged the tickets as stolen, so they would be noticed if anyone attempted to cash them in.

Four employees were questioned. On Feb. 1, at 7 p.m., an employee said he sold the book for \$100. Store records confirmed the \$100 had been deposited. The storeowner said the employee had worked there for six months and should have known the book cost \$300.

In his written statement, the employee said he thought the book had 60 tickets (at \$2 each). He said he "screwed up" and didn't pay attention to the numbers on the tickets. He said he was surprised to have anyone ask for an entire book.

The matter remains under investigation.

DUI

Nick A. Cipolletti, 23, of 2801 Grandville, Waukegan, was arrested by Lindenhurst Police on Feb. 8, at 2:18 a.m., while driving northbound on Route 45 north of Grass Lake Road. Police observed the driver going 39 mph in a 55-mph zone, drifting across traffic lanes and crossing over the double yellow line several times. He failed two field sobriety tests and refused three others. A breath test yielded a result of .140 BAC. At first, the driver said he had two beers, then stated he had five beers in two hours. He was charged with improper lane usage, DUI and DUI over .08 BAC. He was released on a \$3,000 I-bond, pending an appearance in Waukegan courtroom C-402, on March 9, at 9 a.m.

FROM PAGE A1

RAISE

next meeting. He said he had been away and had not seen the proposed salary schedule until the night of the meeting. He also noted Trustee Ray Lary was absent, and felt the matter required a full board vote.

McCollum, who opposes raises for trustees, said he wanted the board to vote on each raise individually, and not as a block.

The discussion was tabled, with Venturi voting against postponing the decision. Later, he indicated he wanted as many members of the public as possible to be present when the salary resolution came to a vote.

If the decision is postponed until the April meeting, he might get his wish, as the regular board meeting will then take place immediately before the annual town meeting, when a large number of electors are likely to be present.

A survey of other Lake County township salaries reveals that Lake Villa Township salaries are somewhat lower than average. Average annual salaries are as follows:

Supervisor: \$54,375
Highway Commissioner: \$52,462
Assessor: \$59,004
Clerk: \$14,001
Trustee: \$3,395

Jorgensen's supporters argued for a raise for the commissioner, who had not gotten a raise from his initial salary of \$34,000 during the first 12 years of service.

According to Motor Fuel Tax computations, Jorgensen is responsible for 52 miles of road. The nearest equivalent in the county is Grant Township, with 50 miles of road. The Grant highway commissioner's annual salary is \$56,445.

During the "public comment" portion of the meeting, a number of people spoke in favor of increasing the highway commissioner's salary.

"I've lived here for 35 years," said one unincorporated Lake Villa resident who did not want to be named. "Jim has kept the cul-



McCollum



Venturi

verts open and the roads clear. Also, he's probably one of the lowest paid commissioners) and has the third biggest responsibility (for road mileage)."

"I want to echo that," McCollum said. "The last road commissioner was not cooperative. Jim has been great."

Warren Township ranks second in mileage with 59 miles of road, and Antioch ranks first, with 82 miles of road. The Warren commissioner is paid \$62,000 annually. The Antioch commissioner is paid \$69,622.

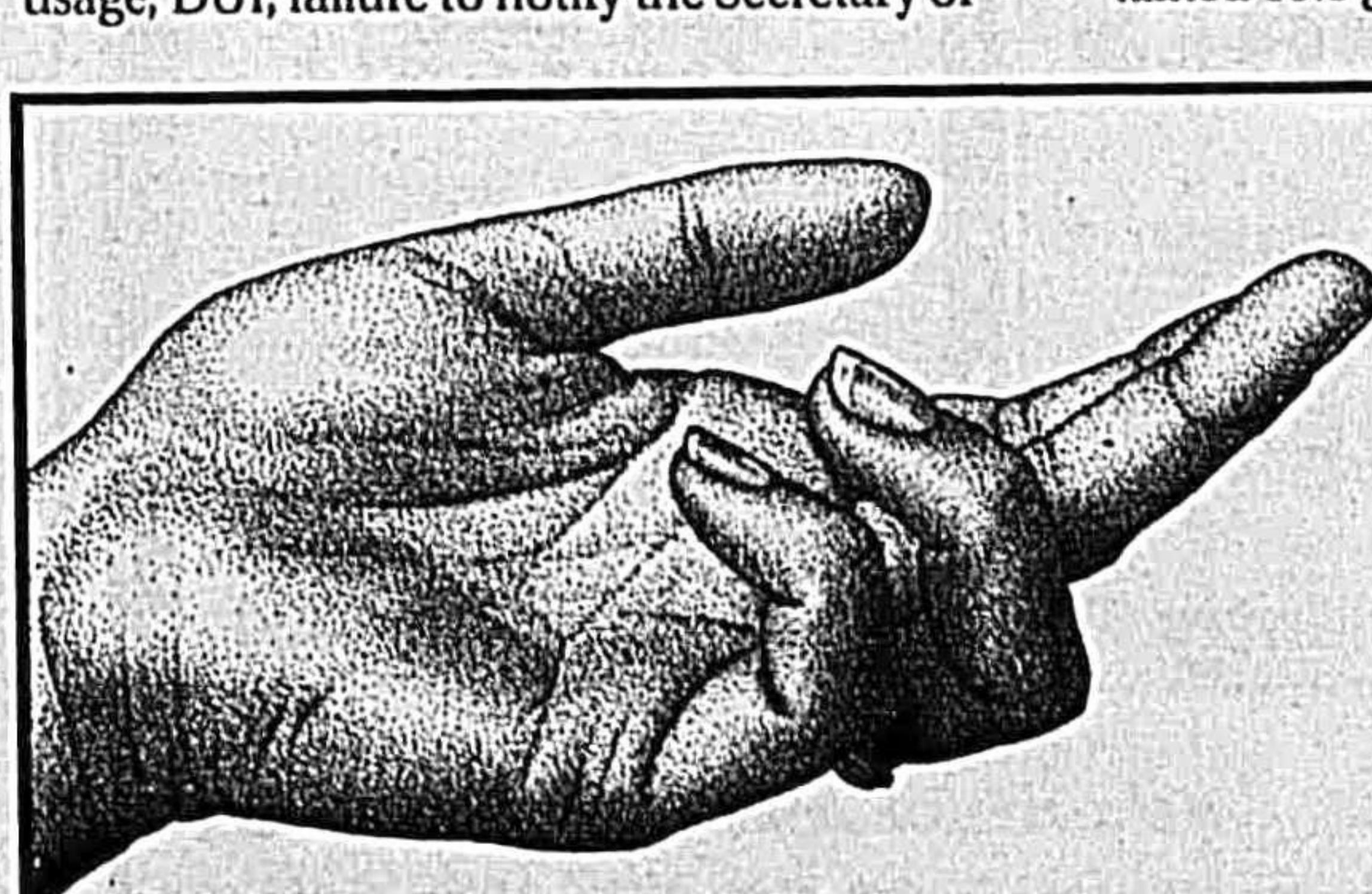
Noting the value of integrity in public servants, Christina Ostertag said, "If you don't keep your salaries competitive with other townships, you can sell integrity short."

Jo Garrett, who lives on Blackberry, in Ingleside, the last street in the road district, said, "I think (Jorgensen's) salary is an abomination. He has responsibility for a big budget and expensive equipment."

"He always does the job right on time," said unincorporated Lake Villa resident Len Janik. "We want to keep him."

The matter may appear on the agenda for the March meeting, on Tuesday, March 9, at 7:30 p.m. in the Caboose Park Township Center on Fairfield Road.

If not on that agenda, it may be resolved at the meeting preceding the annual town meeting on April 13.



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High school gets 'Shakespeare Off the Stage'

Antioch Community High School's production of "Get Bill Shakespeare Off the Stage" provides the opportunity to enjoy live theater at a reasonable price.

Tickets to the performances, held Feb. 12-14 at 7:30 p.m. in the auditorium, are \$2.

Publicity chair Angelina Fernandez said the play is centered in a "typical school," and that the plot unfolds when a new drama teacher breaks the string of musicals by introducing Shakespeare.

"In this modern comedy by Joseph Robinette, Antioch High School actors play the roles of those they truly identify with, high school actors," she said.

College, sports and relationship subplots are said to add to the telling of the story.

FROM PAGE A1

FIREFIGHTERS

rope-tug method is that it's very vague, and you don't know exactly what's going on. You don't know if 'send help' means the diver is in trouble or just needs a little assistance."

The divers practiced "sweeps" that span out from the point of entry through the ice as well as what to do if they were to become disconnected from the tether.

Capt. John Lucas, dive master, certified instructor and team coordinator for the Antioch Fire Department, said, "We have to practice what to do if one of us gets lost, too. It's different being under the ice. We instruct to go to the top and hook in with an ice knife and wait."

Lucas cautioned that there is no safe ice.

"We have 12 inches of clear ice out here today, and that's the strongest there is," he said. "You need to know the area. Anywhere

there is moving water, it doesn't freeze as solidly."

With that, he recommended that anyone choosing to go out on the ice, no matter what the sport, should do so in pairs and carry a cellphone protected in plastic.

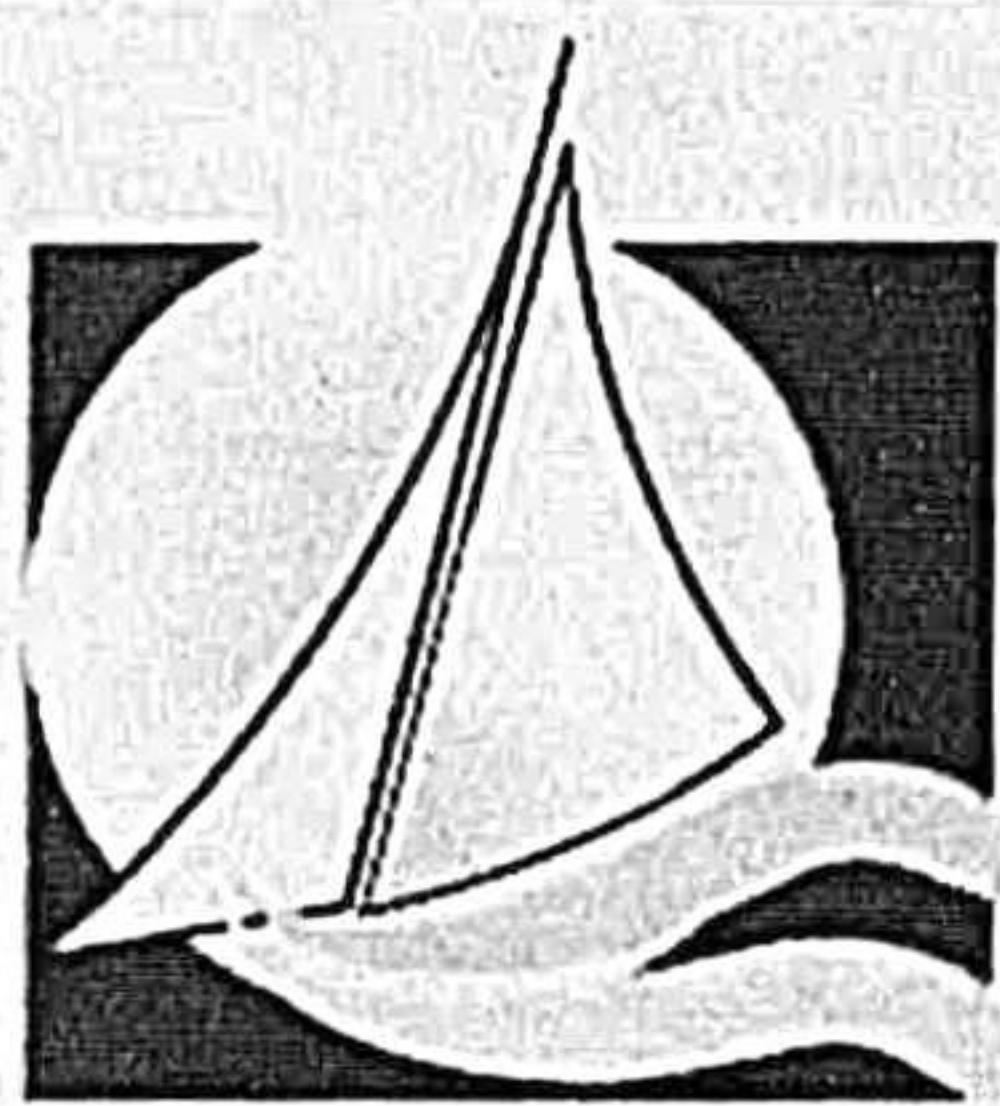
"It's instinct to just try and climb out," Lucas said. "The first thing you should do is call 911, because we can be there in a couple of minutes. You should also call us if a pet goes under, and not necessarily try to pull a 40-pound dog out of the water yourself."

He said there is nothing specifically wrong with self-rescue, but noted that hypothermia causes muscles tense, limiting strength and increasing fatigue.

"It's always best just to call us," Lucas said. "This is what we train for, and we can usually get someone out of the water within minutes."



Lake Villa Firefighter Greg Phillips floats in the water of Cedar Lake in Lake Villa during an ice rescue drill sponsored by the Lake Villa and Antioch Fire Departments.—Photo by Candace H. Johnson



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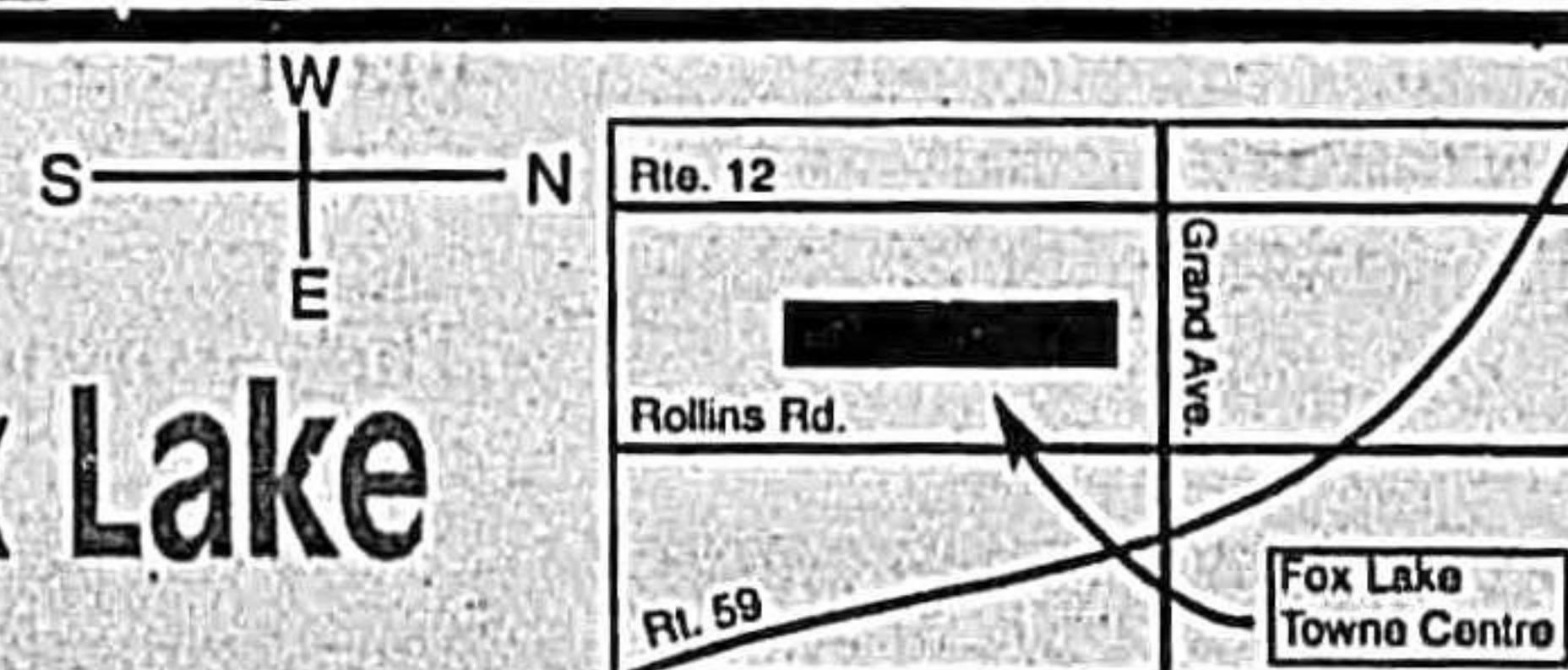
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Alive and Stickin'

Hockey continues to state its case in Lake County

by Rob Backus

Although interest in the National Hockey League and its local product, the Chicago Blackhawks, is at an all-time low, the sport itself is making a comeback in Lake County and is beginning to flourish.

"The game has always had a strong following among the hockey community in Lake County," said Keith Rutkowski, president of the Lake County Atoms Youth Hockey Organization. "Interest is going up right now because of what the U.S. Jr. World Team did (winning the Jr. World Championship)."

No matter what your interest, whether as a player or as a fan, Lake County has several hockey options for all ages.

Like any sport, interest in the game starts at the youth level, and Lake County has one of the best youth organizations around in the Atoms.

The Atoms have eight teams in five different age groups, including Mite (8-and-under); Squirt (10-and-under); Peewee (12-and-under); Bantam (14-and-under) and Midget (17-and-under), competing in both the Northern Illinois Hockey League and the Amateur Hockey Association of Illinois (AHAI).

The organization currently has 125 kids, down from more than 300 in 2001. But there is a good reason for that.

The Atoms used to run "in-house" teams and leagues, as well as an instructional league, but have since turned over those duties to RinkSide Sports in Gurnee, where the Atoms play and practice.

RinkSide is now in charge of the "Learn to Play Hockey" program, for four- to eight-year-olds. After first learning how to skate, the youths hone their skills on the ice.

"We joined RinkSide in a partnership for hockey," Rutkowski said. "It works best for the both of us."

The organization also enjoys constant success, as seven of the eight travel teams made the playoffs and two of the seven are currently playing for league championships.

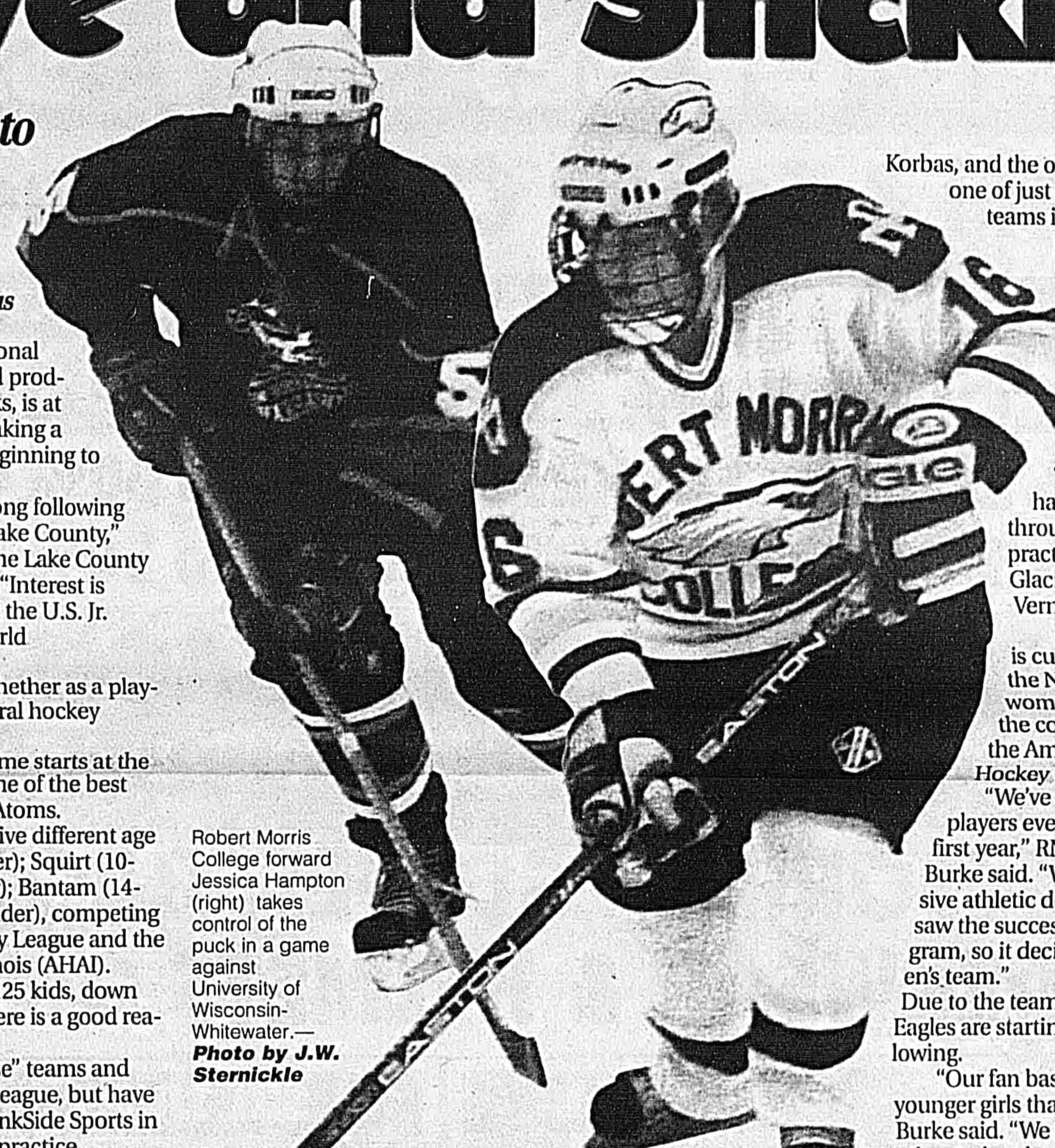
Although participation and fan enthusiasm are currently high, there are still some hurdles to overcome, namely the high cost of ice time and the lack of ice facilities in the area.

In fact, with the impending closing of the ice rink in Zion and with the Lake County Sports Center in Waukegan switching to a soccer-only facility, RinkSide and Glacier Ice Arena in Vernon Hills are the only facilities left.

"With Zion closing there's one less sheet of ice out there," said Rutkowski, whose organization has spent over \$350,000 on ice time in the past year. "Players need some place to go; hopefully they'll take a look at us."

For aspiring prep players in Lake County, several area high schools currently field varsity or junior varsity teams or both.

After a one-year hiatus, Carmel teamed up with Mundelein High to form its own junior varsity hockey team.



Robert Morris College forward Jessica Hampton (right) takes control of the puck in a game against University of Wisconsin-Whitewater.
Photo by J.W. Sternickle

"Carmel has had a hockey team for a long time and we wanted to keep it going," Coach Tom Kwasiborski said. "So we joined forces with Mundelein."

The team, which practices at Glacier, competes in the Chicago Metro Northwest Conference, against JV teams from Libertyville, Lake Zurich, Buffalo Grove, Warren, Highland Park and another joint team from Antioch and Grayslake.

In fact, the Antioch/Grayslake amalgam is the defending state JV champ and is ranked No. 1 this season.

Helping lead the charge in several ways is the Warren Blue Devil Hockey Organization, currently in its fifth season. The Blue Devils have 38 players, split between varsity and junior varsity.

"We wanted to give high school students a viable alternative to a club hockey," said Chris Sullivan, president of the organization. "We want kids to play hockey and still enjoy their high school years."

Warren competes in the Chicago Metro Central Conference, which also includes Libertyville and Zion-Benton.

The varsity team, which is coached by Vee Lacroix, is currently 2-0 in the playoffs with three games left.

The Blue Devils also have two female players on the varsity and JV levels, including star goalie Janelle

Korbas, and the organization fields one of just nine varsity girls' teams in Illinois.

Lake County is also home to one of the top women's college hockey teams in the country, the Robert Morris College Eagles.

The college, which has campuses throughout the area, practices and plays at Glacier Ice Arena in Vernon Hills.

The first-year team is currently 22-3-3 and is the No. 1 nonvarsity women's hockey team in the country, according to the American Collegiate Hockey Organization.

"We've attracted some good players even though this is our first year," RMC coach John Burke said. "We have an aggressive athletic department which saw the success of the men's program, so it decided to form a women's team."

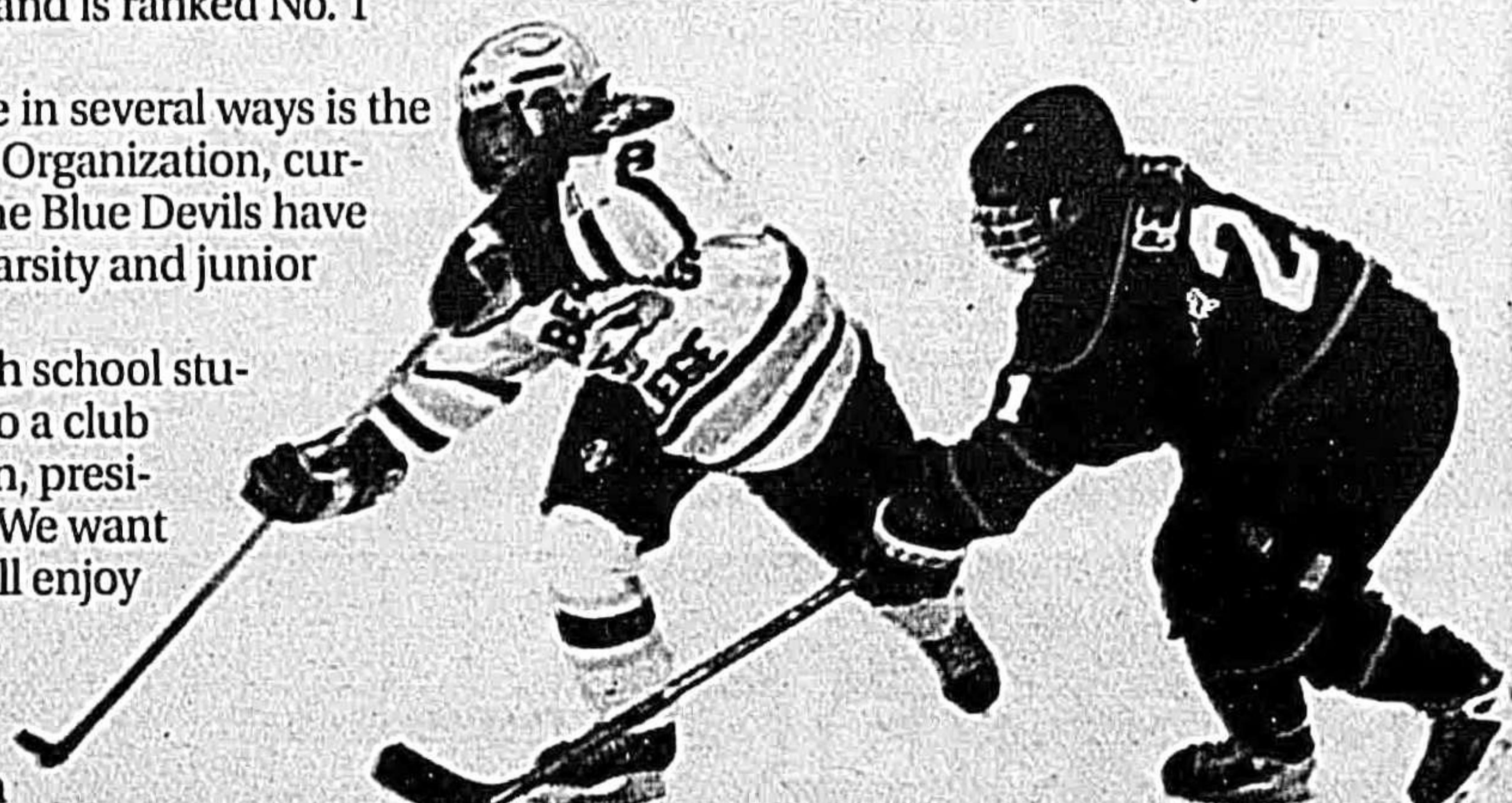
Due to the team's early success, the Eagles are starting to develop a following.

"Our fan base is parents and younger girls that play hockey," Burke said. "We also hope to draw on the student base at the college."

While Illinois is beginning to come around when it comes to girls' and women's hockey, Minnesota currently has 156 girls' varsity teams as well as several college women's teams.

"Illinois lags behind the rest of the Midwest, but this has still been the largest growth point of women's sports Illinois has ever seen," Burke said.

For more information on the Eagles, visit www.rmcil.edu, and for more information on the Atoms, visit www.atomshockey.com.

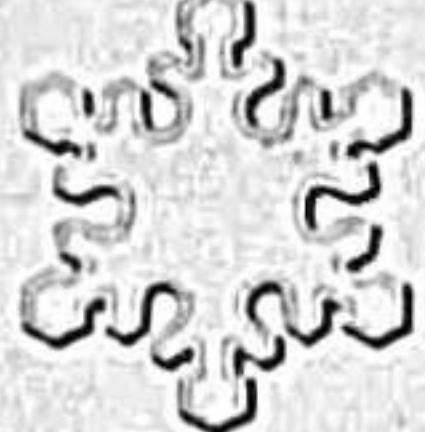
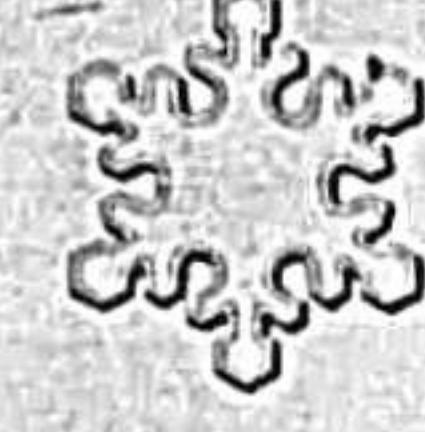


Robert Morris College forward Katie Johnson (left) takes a wrist shot in a game against University of Wisconsin-Whitewater.—Photo by J.W. Sternickle

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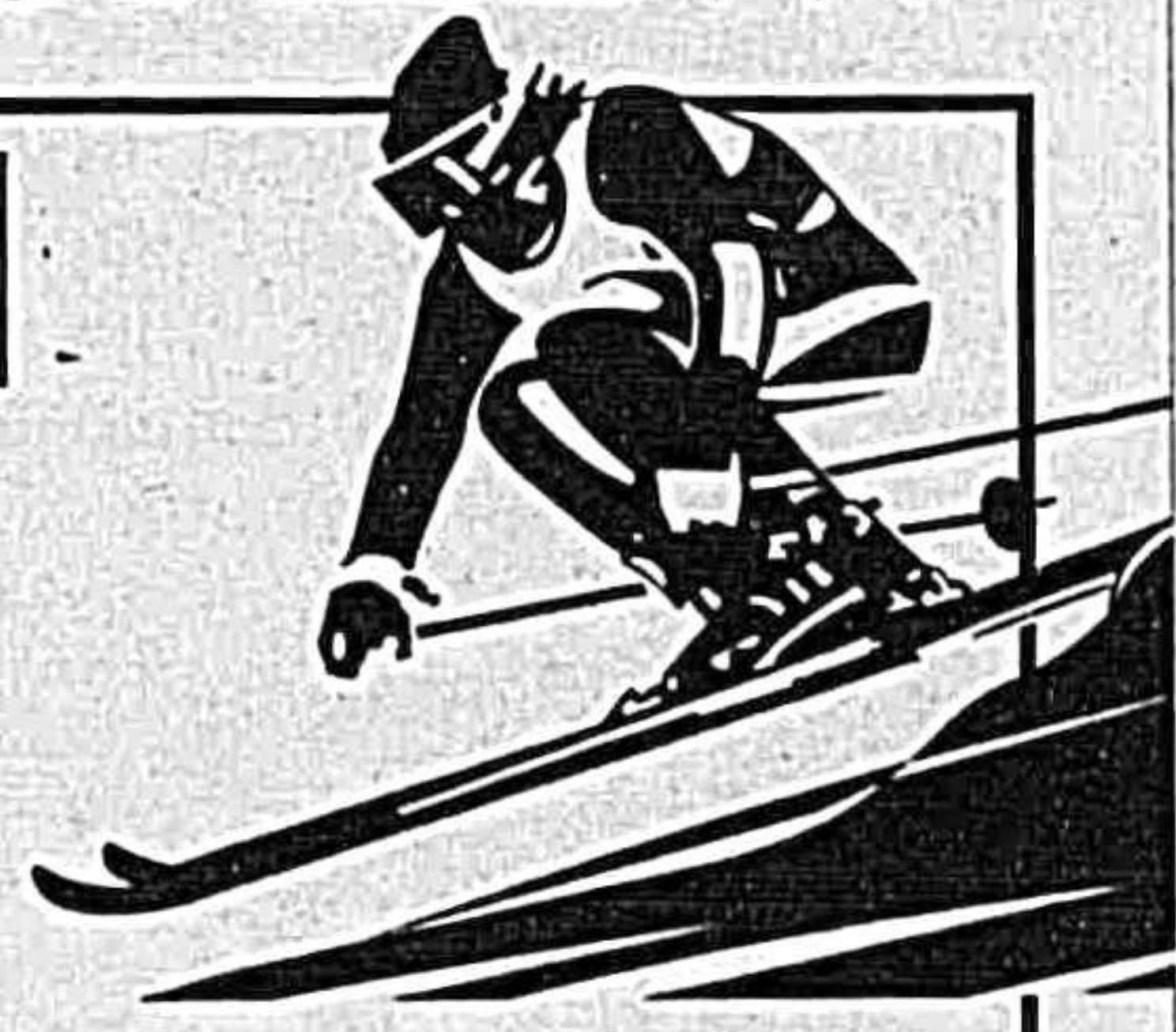
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And I love being a Lake County newspaper reporter and columnist.

Where else can I get paid for covering stories like last election's "Shoot-Out at High Noon," more commonly known as the Lake County Sheriff's race between Democratic challenger Chuck Fagan and the incumbent, Gary Del Re.



Jeff Zachary
FROM A TO ZACHARY

stories that I had the privilege of covering was when Round Lake Mayor "Bulldozer" Bill Gentes tried to bring a Peaker Power electrical generating plant to his village despite the fact that 90 percent of his residents were strongly against it.

Gentes finally found a way to prevent his public lynching when he said the power company changed the terms of the agreement and was able to cancel the ill-conceived deal at the eleventh hour.

It sort of reminded me of when President Nixon claimed "peace with honor" at the same time the national television news was showing American troops running for their lives to the helicopters at the end of the Vietnam War.

But don't get me wrong. This column won't be about criticizing our public officials.

Hopefully, I will cover many serious topics, such as, "Should Lake County teachers carry guns in class?" and, "If 53 Lake County mayors favor expanding Route 53—Why I am the 53rd car in this 5.3-mile long traffic jam?" and other relevant issues, so stay tuned to this column.

And feel free to criticize me all you want.

Stephen King wrote in his book "On Writing" about having a 200-pound baby-sitter throw him on the couch when he was five years old and yell "pow" as she farted on his face.

He said the experience helped prepare him for literary criticism.

"After having a two-hundred pound baby-sitter fart on your face and yell 'pow' the village voice holds few terrors," wrote King.

And after being called everything from irresponsible to uneducated to arrogant (and that was just by my family), and in my opinion being verbally farted on by some people in this business, in at least this respect—I feel Stephen King and I have something in common.

So feel free to criticize all you want—because I love living in Lake County.

E-mail Jeff: jzachary@lakelandmedia.com

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Snow sledding

Jason Hansen and Darrin Bartley, both of Ingleside, use the snow to their advantage while riding down the street on snowmobiles.— *File photo.*

Snow fans hoping for more from Mother Nature

By STEVE PETERSON
speterson@lakelandmedia.com

Although it has been cold, a second ingredient is needed to allow snowmobile enthusiasts to truly enjoy the winter.

That would be, of course, snow.

When and if more snow does come to make the terrain more suitable for snowmobiles, snowmobile club members want users to "think safety."

Following are some tips from the Northeast Illinois Association of Snowmobile Clubs, which hosted an information session at Lakewood Forest Preserve: no snowmobiling without sufficient snow; officials say even with the Jan. 4 snowstorm, trails are officially closed; stay on marked trails and do not trespass or ride where prohibited; respect landowners and property owners' rights; protect living trees, shrubs and other natural features; and do not chase or harass wildlife.

"It feels pretty good to promote safety. Last year we had a pretty good year," said John Oliver of the Riverbenders Snowmobile Club.

Lack of snow coupled with the economy has been a one-two punch to snowmobile clubs. "A lot of club members are searching for new jobs. They have not been able to make the trips. It is an expensive hobby, with a new machine costing \$7,000, then you have your trailer, helmet and tow," Oliver said.

The Cary-area club received an honor when one of its members, Hank Ambrecht of Crystal Lake, received the Illinois Safety Instructor of the Year accolade from the Illinois

Association of Snowmobile Clubs. A DNR volunteer instructor said once children experience snowmobiling, they usually enjoy it.

"I put my daughter on a machine when she was four months old," Glen Householder of Kenosha, president of NIASC, recalled.

"The biggest issue for clubs is private land. The clubs have been aggressive at rerouting," Householder said.

Some recommendations from NIASC: take a friend snowmobiling; think ahead—remember, it is the safe rider who makes snowmobiles safe; bring spare parts such as a flashlight, first-aid kit, and a few survival items; remember, speed is not the measure of snowmobile fun—ride at a speed at which you can stop within your line of sight; and slow down and enjoy the scenery and the experience. Finally, ease up on the throttle especially when near other machines, people, trees and other objects.

Riverbend Benders has about 130 families as members and is 21 years old. It meets the first and third Thursday of the month from August through March at River Bend restaurant in Cary. Other area snowmobile clubs are: Harmony Snowmobile Club, Tom Bess, 262-539-2880; Spring Grove Sno Grovers, Dave Rudolph, 815-678-6382; Wauconda Snowmobile Club, Mel Biaurock, 847-263-1063; Lakers Snowmobile Club, 815-653-9524; Richmond Trailblazers, Bladie Arseneau, 815-675-1234.

For more information on NIASC, contact Householder at P.O. Box 407, Fox Lake, 60020 or phone 262-948-0121 or e-mail ghouseholder@sbcglobal.net.

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Don't box me in

I life gives me a box, I can't keep a lid on it.

When my kindergarten teacher told the class to "draw the doggie inside the square dog house" on some spatial development test, my pooch ended up stargazing on the roof like Snoopy.

It hasn't gotten any better for me as an adult.

Fresh out of college, I was handed a once in-a-lifetime job interview at a big advertising agency.

While trying to keep my sweaty palms from mildewing their prestigious job application, I accidentally checked a box that read something like, "Are you a habitual procrastinator, or chronically late because you're convinced aliens are moving all our clocks forward one hour?" I ended up frantically trying to lick indelible ink off my handiwork, not noticing I was in a focus group room with a two-way mirror.

And, when my first spat as a newlywed had me running home to mama one night, I stopped at a dark phone booth to call ahead. The overhead light would go on only after I jammed the booth door completely shut.

Unfortunately, my mother said she had just retired to read the last chapter of "Tough Love."

I hung up...then realized I'd really boxed myself in.

The phone booth door wouldn't budge. My options were to stand there under the harsh light until a passing motorist realized this superhero needed rescue or use my last quarter.

I phoned the police.

For some reason, before they would send out a squad car, they quizzed me on my name, address, my location and whether I thought Ulysses S. Grant was still President of the United States.

But I knew Detroit's finest would come through for me—after they stopped bouncing their car searchlight off my hair curlers and rolling around laughing. (At least I maintained my composure while they worked a good half hour prying my coffin door open with a crowbar.)

Now I'm a middle-aged "domestic goddess." That means I'm supposed to have a tidy suburban box full of organized closets neatly lined with attractive storage containers.

I've got to stop kidding myself. It's just a matter of time before some domestic do gooder outs me to the closet control freaks. Then I'll have to answer for cramming my closets with an overflowing assortment of recycled warehouse club kitty litter and laundry soap bins.

Yep, it's time for me to stop being a blockhead and accept that life is full of boxes with limits—like the rectangular space allotted for this column.

So, folks, bring on the boxes because, from now on, trust me, I'm living within the margins. Believe me, I'm sure I can finally put a lid on it. Yes sirree, you've got my word on it. I just know I'll be a better person for it. So here it goes. I swear, henceforth, I won't even think of (going over the top).

E-mail Les: lesonlife@msn.com

Looking for a special place to take your Valentine?

Look in the Lakeland's County section for restaurant and menu ideas.

Flavors



Tom Witom
COOKING
BY THE BOOK

Lentil Soup with Chard and Orzo

2 Tbl. olive oil
1 small yellow onion, minced
1 medium-size carrot, grated
1/3 cup minced celery
2 garlic cloves, minced
7 cups vegetable stock or water
1 cup dried brown lentils, picked over and rinsed
2 Tbl. tomato paste

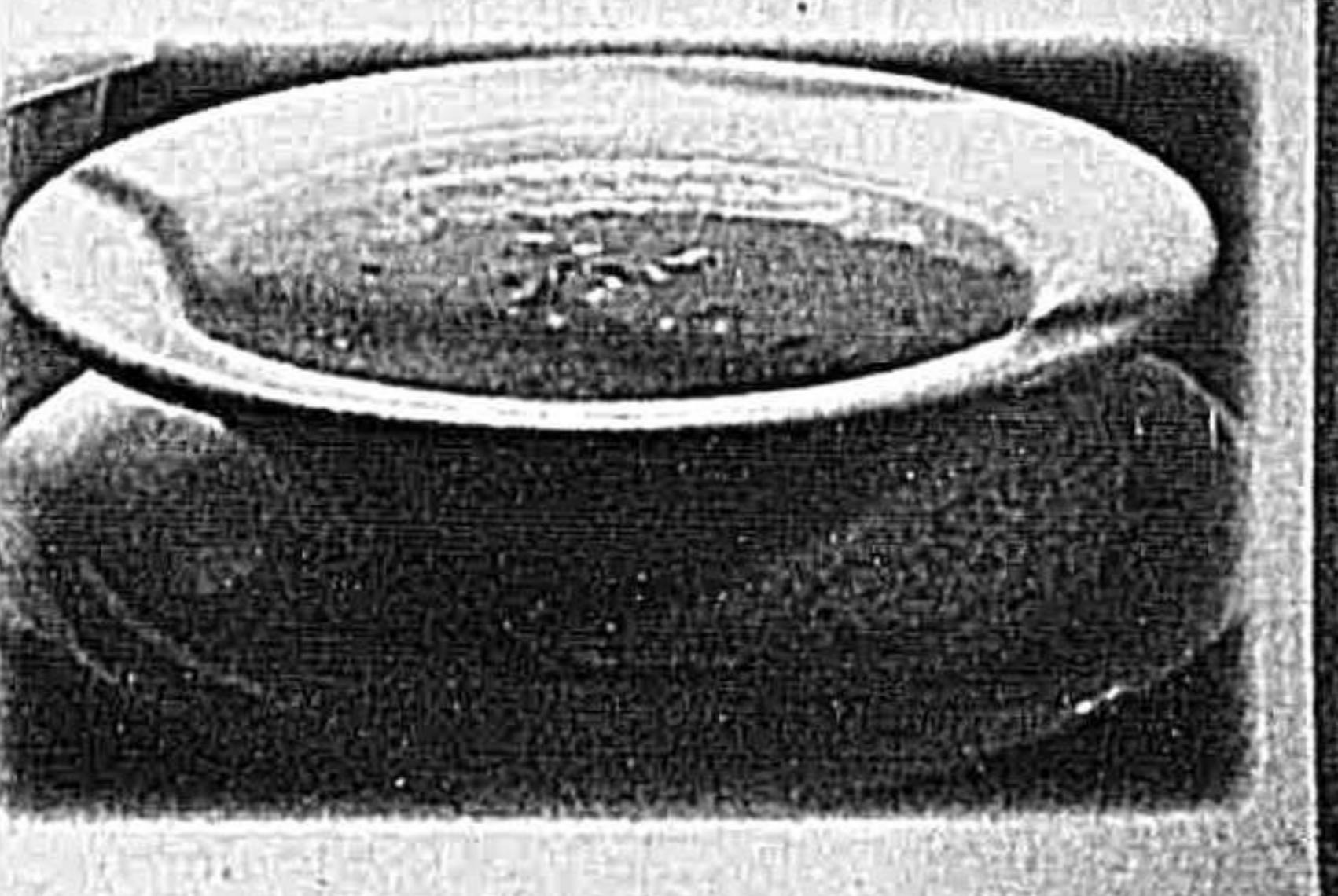
1/2 cup dry red wine
1/3 cup minced fresh parsley leaves
1/2 tsp. minced fresh thyme leaves or 1/4 tsp. dried
1 bay leaf
Salt and freshly ground black pepper
2 cups coarsely chopped Swiss chard (tough stems removed)
1/2 cup orzo

Heat the olive oil in a large pot over medium heat. Add the onion, carrot, celery and garlic. Cover and cook until softened, about 5 minutes. Add the stock, lentils, tomato paste, wine, parsley, thyme, bay leaf and salt and pepper to taste. Bring to a boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the lentils are tender, about 30 minutes.

About 10 minutes before the end of the cooking time, remove the bay leaf and stir in the chard.

Meanwhile, cook the orzo in a pot of boiling salted water, stirring occasionally, until al dente, about 5 minutes. When ready to serve, stir the cooked orzo into the hot soup, then ladle immediately into bowls.

Serves 4 to 6.

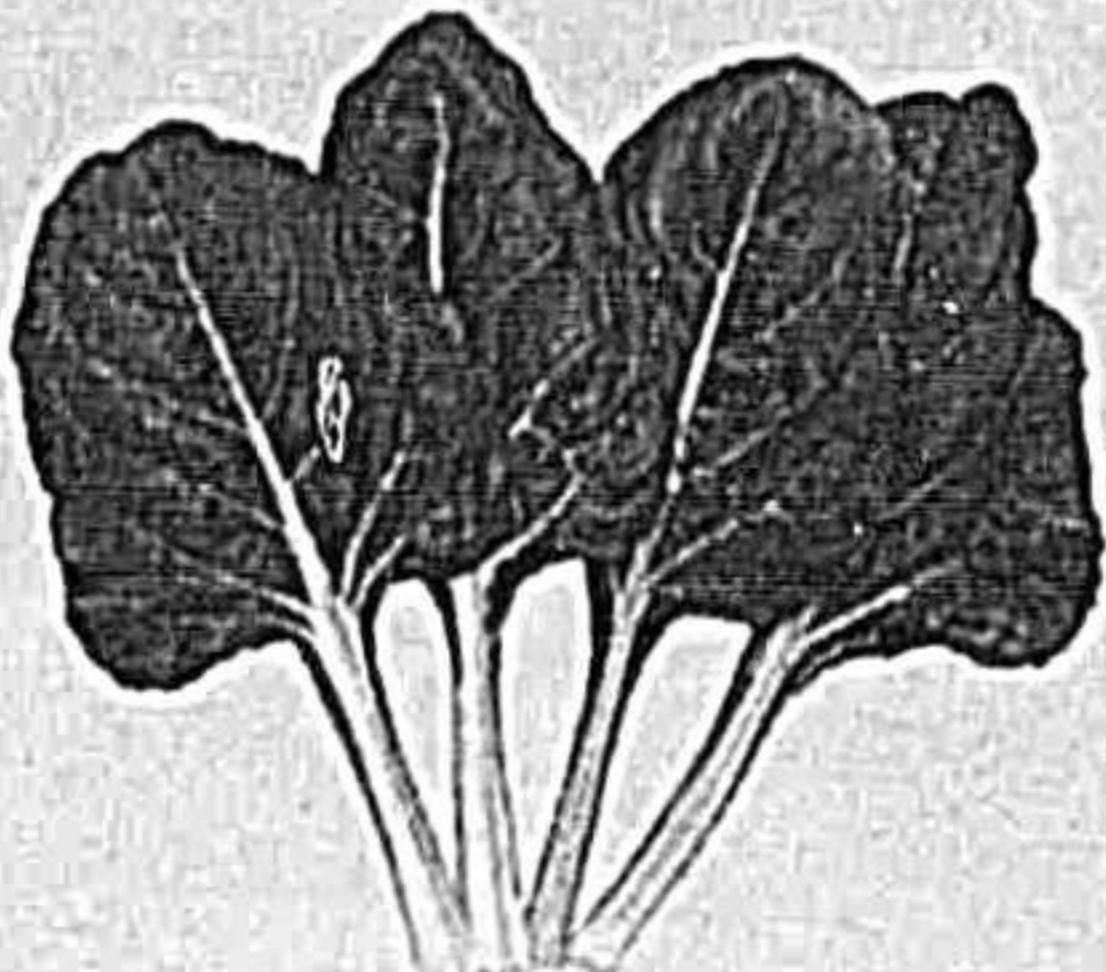


"Vegan Planet" (Harvard Common Press), by cooking instructor and former chef Robin Robertson, bills itself as "the ultimate guide to meat-free, dairy-free and egg-free cooking that everyone will enjoy."

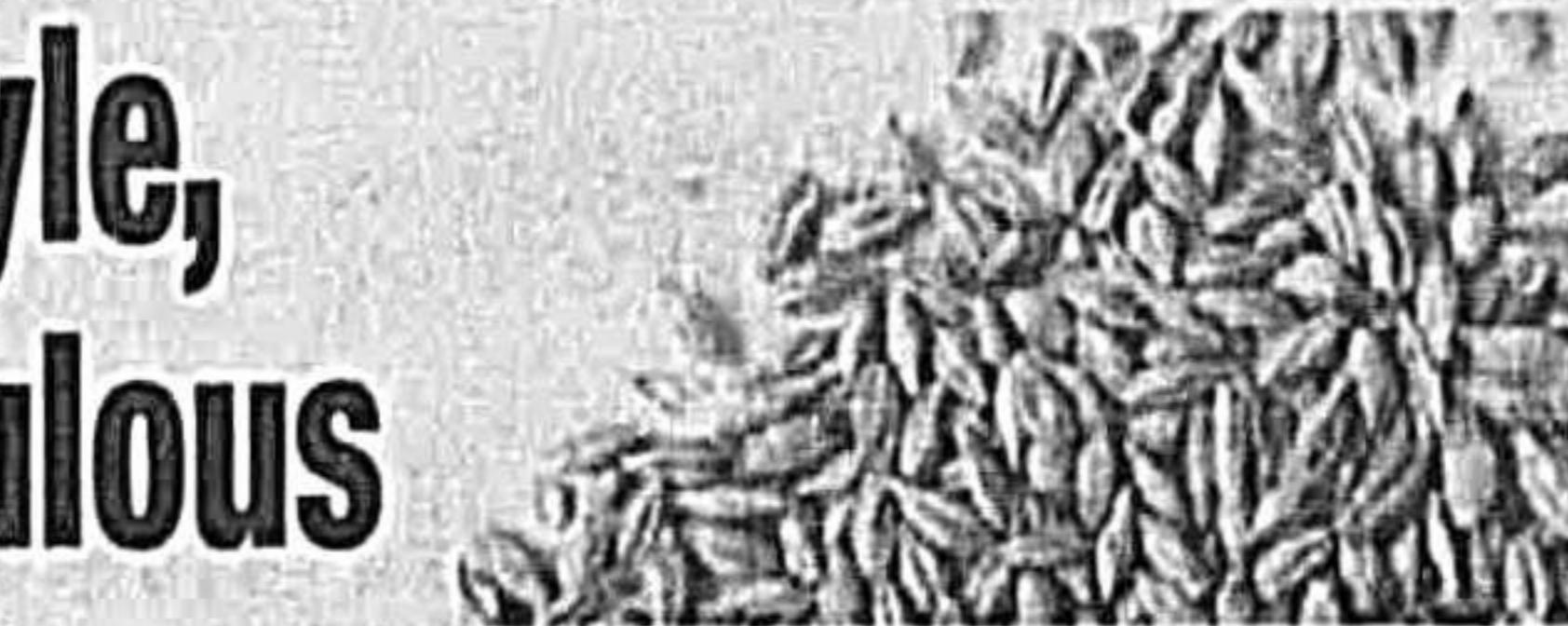
Robertson opens the door to a healthier eating style. Even nonvegans will thoroughly enjoy her 400 recipes, including one for lentil soup with chard and orzo. Try it with a nice, crusty bread.

Others earmarked for future

sessions in our kitchen include a spring dish of tarragon pasta salad with roasted asparagus and baked tofu, molasses bread with walnuts and raisins, and polenta-stuffed red bell peppers.



1/2 cup dry red wine
1/3 cup minced fresh parsley leaves
1/2 tsp. minced fresh thyme leaves or 1/4 tsp. dried
1 bay leaf
Salt and freshly ground black pepper
2 cups coarsely chopped Swiss chard (tough stems removed)
1/2 cup orzo



morsels

Q: I have Revereware copper-bottom stainless-steel saucepans that are to dirty for ordinary copper polish, but they have black composite handles. I've thought of using oven cleaner on them but am afraid it might ruin the handles. I've heard of a spray-on product called Carbon Off! Do you know if it works and where I can find it?

A: I'd be hesitant to use oven cleaner on the pans, too. Since the only way to answer your question of whether Carbon Off! works on Revereware is to try it, we got some.

In tracking down Carbon Off!, we found that the American Culinary Institute awarded Carbon Off! and three other kitchen-cleaning products manufactured by Discovery Products Corp. five gold medals, including Best in Show in 2000.

Since we didn't have any Revereware to clean, we passed the Carbon Off! along to the reader who asked the question, and here's what she found.

"Carbon Off! is better than anything I've ever used on my cruddy copper-bottomed stainless-steel Revereware pans. If I were a better housekeeper or had time to kill, I'd polish those pans every week just to keep them 'Architectural Digest' perfect. Carbon Off! took most of the gunk off, requiring two coatings and a reasonable amount of elbow grease with steel wool. I would still be in the back yard scrubbing if I had used regular copper polish, which doesn't work well on cooked-on grease. So thanks for finding this product. I can see why professional chefs use it."

Louis Mahoney



Have a soft spot for a big cat?

A.D.O.P.T. a leopard this Valentine's Day

Give the gift that keeps on giving by A.D.O.P.T.-ing an Amur leopard this Valentine's Day at Lincoln Park Zoo.

For \$35, your big cat lover will receive a package that includes an Amur leopard plush, a certificate, a beautiful photo of a leopard, a fact sheet about the species and an A.D.O.P.T.-an-Animal sticker.

Most importantly, your gift will keep giving back all year by supporting the conservation and education programs at Lincoln Park Zoo.

It is estimated that there are fewer than 50 Amur leopards remaining in the wild, making this species one of the most endangered in the world. Major threats to the Amur leopard include human encroachment of their native eastern Russia habitat and the human desire for fur. These beautiful animals have distinctive long fur that enables them to survive the frigid Russian climate and long legs that carry them at speeds up to 40 miles per hour.

To place your order, visit the zoo's Web site at www.lpzoo.org or call 312-742-2322. The cost does not include the \$3.95 for shipping and handling; please allow seven business days for delivery.

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(2) 3 oz. Lobster Tails & New York Strip Steak	\$30.95
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(left-right) Ludwig Duran as Kat and James Conley as Deter.—**Photos by Brett Johnson**

The Drake Theatre presents 'Another Day'

The theatre arts department of The Theatre School DePaul University, presents "Another Day" by Steve Carmichael at the Drake Theatre in Lake Forest, 700 E. Westleigh Road. Karla Koskinen and Steve Carmichael direct the play with scenic and costume design by Holly Windingstad, original music composed by Rob Steel and musical direction by Mark Elliot.

The production runs Feb. 19-21 at 8 p.m. and Sunday Feb. 22 at 3 p.m. Tickets are \$9 for adults, \$7 for students and senior citizens. For reservations, to purchase tickets or for more information please call 847-574-4758.

"Another Day" by Steve Carmichael, chair and faculty member of the theatre arts department of Barat Campus DePaul University, is a contemporary comedy about the unique pleasures of contemplating mortality.

One-act comedies showcase enduring flair of Moliere



On Stage



Brian Bedford as Sganarelle appears in a scene from Moliere's "The School for Husbands" with Kate Fry in a Chicago Shakespeare Theater production at Chicago's Shubert Theatre.

CRITIC'S CHOICE / Play

By Tom Witom

Local theater audiences are afforded a special treat as Chicago Shakespeare Theater teams up with the "Broadway in Chicago" series to present two seldom produced Moliere one-act comedies at Shubert Theatre.

What's more, renowned director and actor Brian Bedford is back in town to star in and direct the 17th century French playwright, "The School for Husbands" and "The Imaginary Cuckold." Translated by Richard Wilbur, the text is readily accessible to contemporary audiences.

In "The School for Husbands," Bedford plays Sganarelle, an aging guardian who has

kept close tabs on his charge, the beautiful Isabelle, on whom he has foolishly set romantic designs, though they are far from reciprocated.

Meanwhile, Valere, a single neighbor—young and dashing—has declared his amorous feelings for Isabelle, who responds favorably to his advances, though because of her arrogant guardian's iron will, she must use whatever crafty wit she can summon to outfox the stern Sganarelle. Kate Fry is magnificent in the role of the wily Isabelle as is Graham Abbey as the equally cunning Valere.

In this "school," the lesson is clearly stated before the curtain falls: "Know any churlish husbands? If you send them to us, we'll teach them a thing of two."

The second comedy, "The Imaginary

Cuckold," offers a strong argument against jumping to conclusions. Instead of an urban setting, things shift to a bucolic village, only things aren't as serene as they seem at first blush.

A local farmer insists that his rebellious daughter marry someone she does not love but who brings considerable wealth to the table.

This time Sganarelle, also played by Bedford, is several years older and a lot more addle-brained than in the previous play.

Sganarelle and his wife (Linda Kimbrough) each judge hastily, mistakenly believing that the other is involved in an adulterous affair. The confusion is then transferred to Celie (Michele Graff) and her heartthrob Lelie (Matt Schwader). It all gets sorted out eventually, but until then several humorous barbs are exchanged.

John Reeger and Greg Vinkler, two old hands with Chicago Shakespeare, appear in strong supporting roles.

With their charming rhyming verse and old-fashioned costumes it's not easy to lose sight of the fact that Moliere's comedies go back a long ways (try 344 years). Still, they are as vibrant and entertaining as ever.



The Moliere Comedies: "The School of Husbands" and "The Imaginary Cuckold"

Shubert Theatre
Through Feb. 22
Tickets: \$20-\$85
Show Information: (312) 902-1400

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Lake County Fairgrounds welcomes the Royal American Circus

More than 25 years old, this traveling show features outstanding circus acts from around the world, including clowns, jugglers, acrobats and unicycle artists, and the ever popular trapeze.

Netta and Ray MacMahon continue to oversee the fast-paced, comedic spectacle of this fifth-generation circus family to the applause of children of all ages throughout the U.S. The animal acts are of particular interest, and feature only those animals that can travel in comfort and safety with the show. The humanitarian trainers care for and perform with ponies, dogs, monkeys and in miniature horses.

The colorful circus ensemble includes dozens of people, a small herd of horses, exotic animals, Boa constrictors, self-contained generators and water tanks, all rapidly set up at 210 locations a year.

In the belief that all children should be able to see the circus when it comes to town, Royal American generously provides "Annie Oakley" tickets (circus lingo for "free") for children 12 and under—available at many area merchants.

Adult tickets are available at the door for \$10 one hour before showtime. Adults are encouraged to bring as many children as they can reasonably control. Performance time is approximately one and a half hours.

The MacMahon family and the Royal American Circus cordially invite the community for an evening of fun and excitement, thrills, and laughs with their unique and engaging show.

The show takes place at the Lake County Fairgrounds Feb. 19 at 5:15 p.m. and 7:45 p.m. For more information, contact the Royal American Circus at 941-366-6900.



Jose Ayala Jr. (left) performs a daring balancing act on round cylinders, then juggles. Miss Manuela (right) leads her canine companions over hurdles to run on barrels and perform handstands. Jose and daughter Elizabeth Ayala (above) perform death-defying stunts high above the ground. All acts and more performed by the Royal American Circus.



Come have fun exploring the wonderful world of color in the Discovery Museum's newest exhibit IT'S COLORIFIC!

Mardi Gras Masquerade at Lake County Discovery Museum

Come join in for Mardi Gras fun at Lake County Discovery Museum's third annual Mardi Gras Masquerade program Saturday, Feb. 21, from 11 a.m.-12:30 p.m. All ages are welcome.

Participants will learn about the interesting and entertaining history and traditions of Mardi Gras, make Mardi Gras masks and floats, and enjoy traditional food, games and music. Costumes are welcome for this afternoon of merriment. Program cost, which includes museum admission, is \$5 per person for Lake County residents and \$7 for nonresidents. Preregistration is recommended and space is limited for this popular program.

Lake County Discovery Museum is located in the Lakewood Forest Preserve

on Route 176 at Fairfield Road, east of Wauconda. Visitors to the award-winning museum can also enjoy the interactive permanent exhibitions including the Lake County Mall of History, Vortex Roller Coaster Theater, and "Bringing the World Home," featuring the world's largest collection of picture postcards. Currently featured in the special exhibitions is It's Colorific!, a hands-on adventure for the whole family into the wonderful world of color. Gallery hours are 11 a.m.-4:30 p.m. Monday-Saturday and 1-4:30 p.m. Sunday.

For information or to register for Mardi Gras Masquerade please call 847-968-3400 or visit www.lakecountydiscoverymuseum.org.



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The Marriott Theatre in Lincolnshire presents 'West Side Story'

Terry James, executive producer, and Rick Boynton, artistic director, of the award-winning Marriott Theatre in Lincolnshire are proud to present the American musical classic, "West Side Story." Preview performances will begin Feb. 19, the press opening is Feb. 25 and the production runs through April 25.

Conceived, directed, and choreographed by the legendary Jerome Robbins, "West Side Story" transports Shakespeare's "Romeo and Juliet" to the streets of New York City in 1957. Two idealistic young lovers find themselves caught between warring street gangs, the "American" Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of our time.

Performances run Wednesdays at 1 p.m. and 8 p.m.; Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 5 p.m. and 8:30 p.m.; and Sundays at 1 p.m. and 5 p.m.

Ticket prices are \$40 (excluding taxes and handling fees). Students and senior citizens receive \$5 off the full ticket price on Wednesday and Sunday performances.

Receive a complimentary dinner with the purchase of a full price theatre ticket for Wednesday and Thursday evening performances. The Wednesday and Thursday night complimentary dinner has a limited availability and is not applicable with any other discount or offer. (Gratuity not included.)

Reservations with a major credit card can be made by calling the Marriott Theatre box office at 847-634-0200 by visiting www.marriotttheatre.com

Dinner theatre packages are available for all performances. Free parking, d wheelchair accessible.



Wine & Roses: Savoring Memories

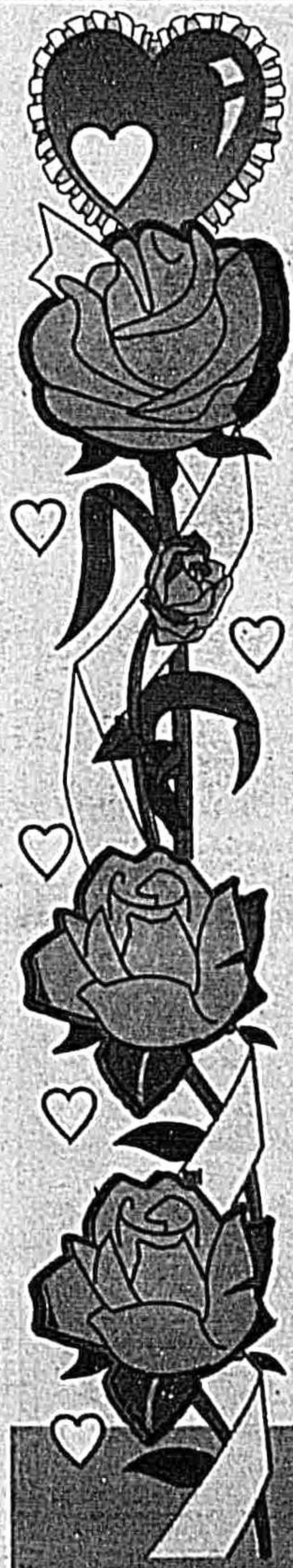
Now entering its second year after a highly successful debut in March 2003 "Wine & Roses: Savoring Memories" is becoming one of Chicago's most popular fund-raisers. The event is already attracting a wide variety of participants, including professionals in the wine, culinary and hospitality industries as well as wine hobbyists and wine aficionados of all ages and backgrounds.

"Wine & Roses: Savoring Memories" will give attendees an opportunity to taste a variety of wines from participating winemakers. Fine coffees and a martini bar will also be available, and delicious food stations will complement all beverages. The evening will be capped with a live and silent auction at which attendees will have the chance to bid on various food, wine and entertainment treasures from throughout Chicagoland.

Admission is \$60 per person; \$75 at the door. Check-in starts at 5:30 p.m. The wine tasting and silent auction begin at 6 p.m., and the live auction and "Grand Toast" follow at 7:30 p.m.

For reservations or information on sponsorships or volunteering, call 847-933-2413, ext. 373, or visit the Web site <http://www.alzheimers-illinois.org>.

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To Do:

Audition

Casting call

The Improv Playhouse Young Actors Workshop will be auditioning for roles in the spring production of "Tom Sawyer" on Sunday, Feb. 22, from 1-5 p.m. at the IP Studio, 116 West Lake Street, Libertyville. Improv Playhouse will be casting young people 10-18 years of age. Several adult roles are also available in this 20-25 person cast.

Performances will be Thursday, May 2, and Friday, May 22, at the College of Lake County. IP's Young Actors Workshop is an audition only, fee-based acting program focused on training and the process within a professional theatrical environment. The play is adapted from Mark Twain's beloved humorous novel set in Missouri about Tom, Huck Finn, their friends and the adults in their lives. Sandy Hunt directs. Audition times may be secured by calling the IP Studio at 847-968-4529. Audition packets will be available.

Author

Discussion on HIV/Aids

Libertyville Covenant Church will host author Margaret Kim Peterson on Feb. 21 at 6 p.m. to discuss Peterson's book "Sing Me To Heaven".

The work chronicles Margaret's marriage to a man infected with HIV / Aids and eloquently conveys her reflections on life, love, loss, faith and ultimately, hope. Margaret Kim Peterson is theologian in residence at First Presbyterian Church in Norristown, Penn. She teaches theology at Eastern University in St. Davids, Penn. The book is widely available, and we invite you to join us for an evening of lively discussion, fellowship and learning. Libertyville Covenant Church is located at 250 S. St. Mary's Road (176 & St. Mary's), Libertyville. Call 847-362-3308.

Expo

Golf expo

Don't miss the Lake County's only "Health, Sport & Golf Expo" at the College of Lake County on Saturday, Feb. 21. The Grayslake Campus Fieldhouse will be filled with PGA pros giving

demonstrations, special discounts and more. Try your luck at Bass Pro Shop's LONGEST DRIVE CONTEST for big savings and prizes.

Also the PDGA will be onsite showing tips on how to spin a Frisbee in the game of golf. Come on out and give it a "swing" or "spin" and be ready when golf season rolls around. Admission is only \$5 (kids & seniors are FREE). Stop by the Lakeland Media office for admission coupons or call 847-223-8161 for additional information.

Music

Music at the Byron Colby Barn

Newberry Consort members Mary Springfels and David Douglass are joined Sunday, Feb. 15, at 4 p.m. by renowned harpsichordist David Schrader in a program of 17th century chamber music featuring pieces by Dietrich Buxtehude and others.

Since 1986, the Newberry Consort has been one of the Newberry Library's oldest and most valued public programs. The Consort performs music of the 13th through 17th centuries, specializing in the late Middle Ages and Early Baroque.

The Early Music Series at the Byron Colby Barn is funded only by ticket sales. Individual tickets are just \$15 per concert. Children under the age of 16 are free.

Information/RSVP Stan Rosenberg at 847-543-1202. This is a "BYOB" concert.

Directions: The Byron Colby Barn is located in the Prairie Crossing Community in Grayslake, Illinois. From I-94, take Route 120 west about 4.5 miles. Turn left (south) at the junction with Route 45. From Route 45, turn right (west) at the next light, which is Jones Point Road. The Byron Colby Barn will be on the left.

Rod & Reel

Ice Fishing Derby

This year marks the 44th anniversary of our Ice Fishing Derby! We are the longest continuously run winter event in Illinois and are very proud of that. This derby and winter festival will take place on Feb. 14-15. We are going all-out to make it better than ever.

There will be kids' games, carnival games, daily raffles and some surprises. There will be hourly and overall fishing prizes, food and refreshments, and much more to fill these special days with good old-fashioned winter fun.

Headquarters will be at Thirsty Turtle on Channel Lake, with a satellite at Sandbar on Lake Marie.

For more information on weather conditions,

parking, etc., please call Matt Deichl at Thirsty Turtle, 847-395-4704 or Seryl Nowak at Sandbar, 847-395-8990.

Hourly fishing prizes will be awarded in all ten categories at each claiming station. The largest fish caught overall in each category during the derby will receive a \$100 cash prize. In addition, the largest fish caught at each station (regardless of species) overall will receive a \$100 cash prize. The hourly and overall \$25 cash prize for smallest fish caught will be handled the same as largest. A bonus prize will be given for releasing of game fish. Ties will split the prize. Rules for the derby will be posted at all claiming stations (Channel Lake and Lake Marie).

Our auction, to be held at the end of the derby on Sunday, Feb. 15, is always one of the highlights and this year should be better than ever. Dodge of Antioch has donated a good used vehicle again this year, and we are getting a good variety of quality items. We will host an adult auction and a kids' auction for children 12 and under.

Fishing hours are Sunday, 8 a.m.-4 p.m. Saturday and 7 a.m.-2 p.m.

A \$1000 scholarship will be awarded to an Antioch Community High School student.

Bass fishing techniques

Fishing enthusiasts are invited to a Northbrook Park District winter seminar to help prepare for the upcoming season. Bass Fishing Techniques will be held for anglers ages 10 through adult on Thursday, Feb. 19, from 7:30-8:30 p.m. Expert Jim Hendee will discuss the newest jigs, spinners and rods and answer any questions. The workshop will meet at the Leisure Center, 3323 Walters Avenue. There is no fee for students under 18, and adult fees are \$3 for residents, \$5 for nonresidents. Registration is required. For more information, call 847-291-2980.

Symphony

Maestro, Maestro!

For all those closet conductors, who have dreamed of conducting a world-class symphony orchestra, now is your chance. A free lecture on "How to Watch the Conductor," will be held on Wednesday, Feb. 18.

Bernie Dobroski, professor of music at Northwestern University, will teach how to decipher the conductor's techniques and sign language while you listen and watch excerpts from concerts with renowned conductors conducting world-class symphony orchestras.

At the conclusion of the lecture patrons will have the basic skills needed to conduct any work of classical music, with a lot of practice of course, and will have the opportunity to show off newly learned con-

ducting skills with a chopstick baton.

The lecture will take place at 7 p.m. on Wednesday, Feb. 18, at the Midwest Young Artists (MYA) facility, 878 Lyster road, Highwood, and is free and open to the public. For more details, call 847-926-9898.

Valentines

Give the gift of golf

This Valentine's Day, get a jump on summer by giving your sweetheart the gift of golf with a Couples Date Night at Countryside Golf Club near Mundelein. The new "couples only" program will meet two Fridays a month beginning in June. The format features a nine-hole scramble, and includes special games and prizes. Cost is \$29 per night for two golfers.

Couples Date Night will take place June 4 and 25, July 9 and 23, and Aug. 6 and 20. Shotgun start is at 6 p.m. Register now by contacting Countryside at 847-566-5544. If you would like to purchase a Couples Date Night for your sweetie for Valentine's Day or any other special occasion, ask for a golf gift card.

Countryside Golf Club is located on Hawley Street, just west of Route 60/83 near Mundelein. The course is open for winter golf, weather permitting.

For additional information about the Lake County Forest Preserves, golf programs, or a free golf lesson brochure, call 847-367-6640, or visit online at www.LCFPD.org.

Find muskrat love

Discover Muskrat Love this Valentine's Day with a hike at the Lake County Forest Preserves. Hike through the woods to track the habits and habitats of muskrats and learn about these crazy and cute rodents. This program is designed for all ages.

Muskrat Love will meet Sunday, Feb. 15, from 1:30-3 p.m. at McDonald Woods Forest Preserve near Lindenhurst, located on Grass Lake Road, just west of Route 45 and east of Route 83. Pre-registration is required. Call 847-968-3321 for more information or to register.

Program cost is \$7 (\$5 for Lake County residents) per person. For additional information, call 847-968-3321.

Sounds of romance

Delight in an afternoon of romantic music with the "Sounds of Romance" at Midwest Young Artists' (MYA) post-Valentine's Day concert. The performance begins at 2 p.m. Sunday, Feb. 15, at the MYA facility at 878 Lyster Road, Highwood. The program will include Edmon Colomer's "Minuet and Bouree" and Beethoven's "Quintet E-flat Op. 71."

Admission is free. For more information, call 847-926-9898.

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For 15 Years, 'Hearts' have continued to beat for homeless families in transition



Rev. Michael M. Boland

Rev. Michael M. Boland, administrator of Catholic Charities of the Archdiocese of Chicago, and the benefit committee cordially invite you to the 15 annual "Hearts for Homeless Families in Transition" dinner auction, the major fund-raising event for the Catholic Charities' Northwest Suburban Services Family Shelter Program based in Des Plaines. WGN Radio Personality Steve Cochran will serve as emcee.

Highlighting the evening, the fourth annual Stephen O'Brien-Combs "Heart of Charity" award will be presented to the Barrington-based Michael Joseph Foundation, which provides short-term transi-

tional housing in the northwest suburbs for families working their way back to self-sufficiency. The award will be accepted by Hildegard Zimmerman from Deer Park who for 11 years has tirelessly served as the Foundation's director.

The benefit starts at 5:30 p.m. Saturday, Feb. 28, at the Stonegate Conference & Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. Valet parking is available. A complimentary cocktail reception with hors d'oeuvres, and a review and bidding on the parade of prizes and silent and live auction items will be followed by a three-course gourmet dinner with wine. As the decadent Stonegate Samplers are served, a live auction will commence.

Benefit ticket, are \$100 per person (\$45 tax deductible). Table of 10 is \$1,000. Raffle tickets are \$25. Winners need not be present. Please respond by Feb. 20 to "Hearts for Homeless Families," c/o Catholic Charities Northwest Suburban Services, 1717 Rand Road, Des Plaines, IL 60016. To receive an invitation or for more information on the benefit, please phone 847-376-2100.

Some of the many raffle, silent and live auction items are: two weeks at a resort in Salzburg, Austria; townhouse for a week in Vail, Colo.; St. Nicholas Ball tickets, footballs autographed by Brian Erlacher and Dick Butkus; Cubs opening day box seats; White Sox box seats; Golf foursome at Cog Hill; a two hour Lake Geneva cruise on the Diamond Lady, a 58-foot Bluewater Yacht; lunch at Gordy's waterfront Boat House in Fontana, Wis.; gift certificates to Buddy Guy's Legends and more coming in daily. Also included are sports memorabilia, garden items, clothing, jewelry and spa, dinner, theatre, nightclub, city and country getaway packages.

For more information on the benefit or the Catholic Charities' NW Suburban Services and how they may help you or someone who needs help, please phone 847-376-2100.

Valentine's Day art sale

The College of Lake County's ARTcetera sales and rental gallery will hold a Valentine's Day sale from 9 a.m.-9 p.m. Feb. 9-11 in the Robert T. Wright Community Gallery at CLC's Grayslake campus. ARTcetera features a variety of fine artwork, including handmade jewelry, silk scarves, glazed ceramic pieces, sculptures and paintings made by local artists, all at a reasonable cost. All items will be 10 percent off the regular price. For information, call 847-543-2405.

Richard Smallwood to perform at CLC's salute to gospel music

World-class composer, pianist and arranger Richard Smallwood will be the featured artist at the College of Lake County's 20th Annual Salute to Gospel Music at 7 p.m. Feb. 21 at Waukegan High School, 2325 Brookside Ave. Tickets are \$10 for the general public and \$8 for CLC students, staff, current alumni members, seniors 65 and over and children under 12.

The program also will feature the presentation of the 2004 Harambee Award of Excellence, which will be awarded to Pastor Gregory Randle of the Waukegan Baptist Bible Church.

For tickets, call the CLC box office at 847-543-2300.

Renowned poet Patricia Smith presents reading

Four-time national poetry slam champion Patricia Smith will read from her poetry at noon Feb. 18 in the Mainstage Theatre at the College of Lake County. Admission is free; however, tickets are required. For ticket reservations, call the box office at 847-543-2300. Tickets will also be available at the door prior to the beginning of the program.

'Madame Butterfly' lecture and opera tour

A lecture on "Madame Butterfly," will take place Feb. 24 at the College of Lake County's Southlake Educational Center in Vernon Hills.

The lecture on Feb. 24 will be held from 9:30-11:30 a.m. in Room 105.

The cost is \$12. The bus will depart for the Lyric Opera at 4:45 p.m. from Southlake



Off Square Music presents Sons of the Never Wrong

"Sons" is a Chicago-based folk trio made up of Bruce Roper, Sue Demel and Deborah Lader. They sing glorious three-part harmony, creating a blend that is one of the most distinctive in folk music.

Their music is modern and youthful, blending the sound of folk with the energy of rock. Their original lyrics are witty, intelligent and uplifting; their presenta-

tion offers constant movement throughout in the form of stylized dance steps.

Sons of the Never Wrong will be performing at Unitarian Church, 221 Dean Street in Woodstock at Feb. 21 at 8 p.m.

Admission is \$10. For reservations or information, call 815-338-5164, or e-mail blueloom@sbcglobal.net.

Off Square Music is a 501-C3 tax exempt corporation.

Campus

and return at approximately 11:30 p.m. The cost is \$109, which includes admission cost, round-trip transportation and a sack lunch.

For information, call 847-543-6503.

CLC to sponsor excursion to 'The Phantom of the Opera'

The student activities office at the College of Lake County will sponsor an excursion to "The Phantom of the Opera," Andrew Lloyd Webber's award-winning musical, on March 20 at the Cadillac Palace Theatre. A charter bus will leave the CLC Grayslake Campus at 11:30 a.m.

Tickets are \$87 for the general public and \$82 for CLC students, staff and current alumni members. Price includes admission to the show and round-trip motor coach transportation.

Director Harold Prince has woven his magical spell over audiences in more than

90 cities worldwide. "Phantom" is a timeless story of seduction and despair, described by the London Sunday Times as "God's gift to the musical theatre."

For tickets, call the CLC box office at 847-543-2300.

CLC offers investment class for beginners

A three-session course covering the basic principles of investing will be offered by the College of Lake County's continuing education department.

"Investing for Beginners" will be offered from 7-9 p.m. on Tuesdays, Feb. 17 and 24 and March 2 at the High Schools Technology Campus in Grayslake.

The course will be presented by Jeffry Sannes, a certified financial planner. Topics covered will include stocks, bonds and mutual funds; protecting assets; understanding tax laws; evaluating investment risks; and getting started.

The cost is \$49 plus a \$20 materials fee due to the instructor at the first class. To register by phone, call 847-223-1111. For information, call 847-543-2022.

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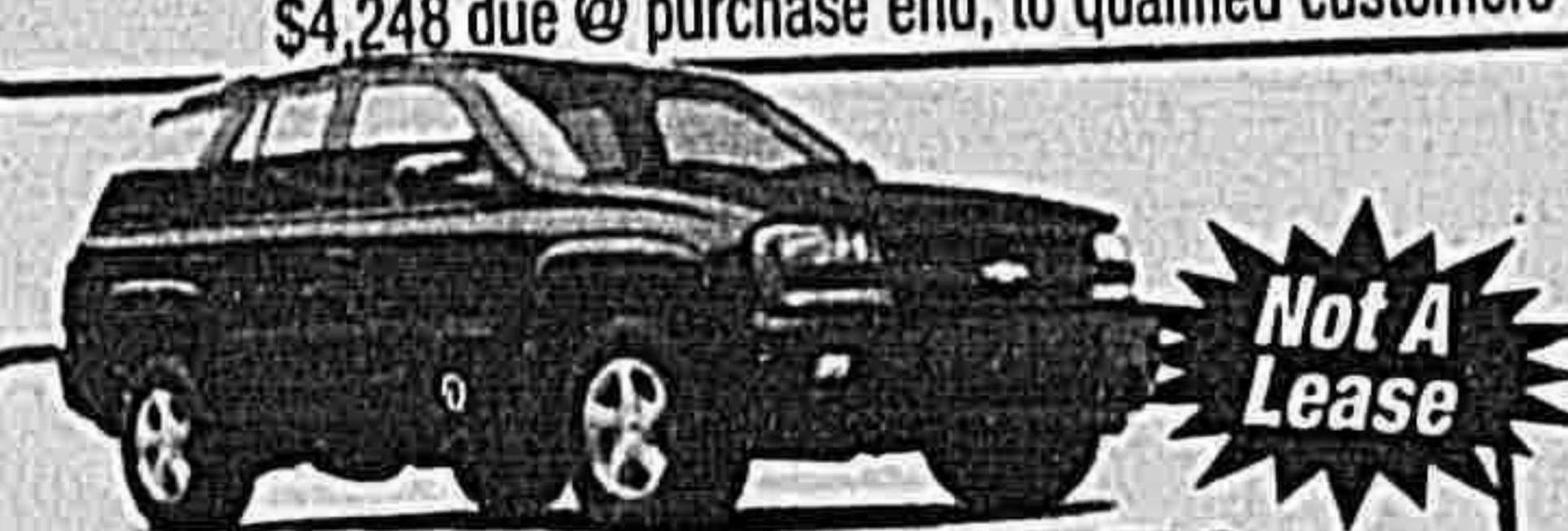
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LOCAL DIGEST

Readers' theater
'Off the Map'

Always willing to enter uncharted waters, PM&L Theatre's next readers' theater is a production of "Off the Map" to be performed on Sunday, Feb. 15 at 2:30 p.m. at the theater located on Main Street just south of Orchard.

Publicity director Betty Smouse said, "This play, which includes comedy and pathos, explores a young woman's memory of the summer she learned about love and loss."

Chris Heilgeist, of Salem, Wis., directs the one-hour production. Cast members are Sally Roberts, Sammie and Donna Abear and Eric Rhode, all of Antioch, as well as Karl Heilgeist, of Salem, Wis., and Terry O'Brien, of Lake Villa.

As with all of PM&L's readers' theaters, no reservations are necessary and it is free of charge.

For more information, call 262-537-2147.

German-American Club holds Faschings Dance

The German-American Club of Antioch is hosting its annual masquerade dance, Faschings Dance, on Saturday, Feb. 21 at the VFW Hall in Lake Villa.

Doors open at 6:30 p.m. with music beginning at 7:30 p.m.

Though costumes are not required, the general feeling of the club is that the more guests who show up in costumes, the better.

Admission is \$8. For more information, call Dorothy Jordahl at 847-356-5484.

Library continues speakers program

The Antioch Public Library District is continuing its adult speakers programs for the month of February.

On Wednesday, Feb. 25 at 7 p.m., a presentation on resume writing will be given by Terry Berryman, of the College of Lake County, that will offer tips on making a resume the best that it can be.

For more information, call Jane Connors-Geddes, adult programs coordinator, at the

library at 847-395-0874.

Wetland friends meet

With about 20 members, the Friends of the Wetlands hopes to double its size in the coming year as it takes on new and bigger projects. Its next meeting is Feb. 28.

According to Billie Horton, who is both Antioch's special events coordinator and head of this committee, the perfect candidate to become a member of this group is anyone who has an interest in the environment, birders, carpenters, landscapers or who likes to play in the dirt.

This past year, in addition to clearing Canary Grass and European Buckthorn, the two most pervasive weeds in the William E. Brook Memorial Wetland Sanctuary, the friends have added benches and a handicapped ramp with the help of local Boy Scouts and carpenter Jim Murphy.

Plans for this year include creating a family ice rink complete with music, lights, a warming shelter and security cameras.

Friends of the Wetlands meets the fourth Saturday of the month at 9 a.m. in the Community Building located at 884 Main St., just south of Village Hall. Anyone interested in attending is welcome to do so.

Garden club hosts regular meetings through June

Antioch Garden Club meets the first Monday of the month, September through June at 6:30 p.m. at the United Methodist Church at 848 Main Street, Antioch.

Visitors and new members are welcome. For more information call (847) 395-1202.

VFW offers fish fry

Antioch VFW Post 4551 has started having a fish fry on Friday nights from 4-8 p.m.

In addition to cod, perch and shrimp the menu offers burgers and chicken strips. Dinners are served with French fries or a baked potato, in a limited quantity, and coleslaw bread and butter.

Cost varies from about \$3-8, depending on the fish or meat.

For more information, call 847-395-5393.

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Name: Alexa Cunningham

Home: Just west of Antioch in Richmond

My family/pets: My mom and dad, my brother, a dog, two cats and one fish

I attend/graduated from: Nippersink Middle School

What I like best about my town: I like the parks in the area.

Hobbies: I like sewing, music and watching television.

Favorite movie: "The Outsiders"

Favorite album/cd: Pink "Misunderstood"

Favorite sports team: The Bears

Best local restaurant: Diners

Favorite home-cooked meal: Tacos

Person I admire most: My friend Roxanne who lives in Antioch

If I had \$1 million, I would: Move to Colorado

If I had a plane ticket anywhere, I'd go to: Lithuania



My pet peeve is: My brother

If I had one wish, it would be: For more wishes

My dream job would be: Social worker

My life's motto is: Hakuna matata

If you have a "Neighbor" that you would like to see profiled in this column, call Lakeland Newspapers at 847-223-8161.

Calendar

GOT SOMETHING GOING ON? GIVE US A CALL!

Call 847-223-8161 or e-mail calendar@lakelandmedia.com

A 14-day notice is requested for all items.

Friday, February 13

6:30 p.m.-midnight, Las Vegas Night hosted by American Legion Post 703. Proceeds support hospitalized veteran and community service programs. Admission is \$1. Located at 703 N. U.S. Hwy. 12 in Fox Lake. Food and drink available

Saturday, February 14

Sat. & Sun., 10 a.m.-5 p.m., Home and Outdoor Living Expo held at the Lake County Fairgrounds, Hwy. 45 in Grayslake. Enjoy the many exhibitors. Admission is \$3 for adults, seniors are \$2, children admitted free. Call 847-231-4000

12:30-3 p.m., Lake County Area Computer Enthusiasts will host "Ask The Experts," a question and answer session open to all computer users, at the Grayslake Area Public Library, 100 Library Lane. Visit www.lcace.org

6:30-10:30 p.m., Valentine Ball hosted by Dance With Us dance group at the Belvidere Recreation Center, 412 S. Lewis Ave., Waukegan. Couples and singles welcome, lesson held and light buffet served. Admission is \$10. For info., call Dawn at 847-244-7702

7-9 p.m., Family Night at the Hastings Lake YMCA with winter time pool party with large inflatable rafts. Hastings Lake YMCA is located at 20517 W. Grass Lake Rd. in Lindenhurst. Community members are encouraged to participate in this free event. Call 847-356-4006

Sunday, February 15

1:30-4 p.m., The Lake County Spinner's Guild meeting held at the Warren-Newport Public Library. Enjoy the art of fiber spinning and meet fellow spinners. For info., call Carol at 847-234-0778 or Chris at 847-367-2536

2:30 p.m., PM&L Reader's Theatre presents, "Off the Map," at the theatre, 877 Main St. in Antioch. No reservations needed, free admission. For info., call 262-537-2147

Monday, February 16

12:45 p.m., Bingo held at The Antioch Senior Center, call 847-395-7120 for details

7 p.m., Zion Genealogical Society meeting held at Beach Park Village Hall, 112780 Wadsworth Rd. in Beach Park. Guest speaker Dick Ammann on "Using Newspapers in Research." Visitors welcome. For info., call Joanne at 847-360-0360

7:30 p.m., Antioch Coin Club meeting held at the Antioch Public Library, 757 Main St. Open to the public. Contact JoAnne at 847-395-4738

Tuesday, February 17

1-3 p.m. and 7-9 p.m., Gardening class, "Small Trees for the Landscape," held at the Univ. of Illinois Extension office, 100 S. U.S. Hwy. 45 in Grayslake. Free program. Select which session you're interested in attending and register at 847-223-8627 or online at www.urbanext.illinois.edu/lake

6:30 p.m., Bariatric Treatment Centers (BTC) hosts a dance and exercise class downstairs at the Antioch Senior Center, 817 Holbeck Dr. For more info., call Karen at 847-395-6244

Thursday, February 19

10 a.m., The Lake County Spinner's Guild meets locally. Learn about the ancient art of fiber spinning. Meets the third Thurs. of each month. For location and details, call Chris at 847-367-2536

7:30 p.m., Northern Lake County Illinois Compassionate Friends chapter meeting held at Millburn Church, on the corner of Grass Lake Road and Route 45 in Millburn. Meetings are free and open to parents, siblings, and grandparents dealing with the loss of a child of any age. For more info., phone 847-395-8597 or 847-838-0912 or visit www.compassionatefriends.org

Friday, February 20

7:30 a.m., Lake County Chamber of Commerce networkers group meets at the Hampton Inn in Gurnee. For info., call 847-249-3800

Saturday, February 21

10:30 a.m.-4 p.m., Health Sports & Golf Expo held at College of Lake County in Grayslake. Meet pros, shop for all the latest products and more. Admission is \$5 and free for seniors and ages under 16. Call 847-543-2000

6:30 p.m., Annual "Faschings Dance," or masquerade, hosted by the German American Club of Antioch, held at the VFW Hall, 130 E. Grand Ave. in Lake Villa. Costumes welcome, not required. Music starts at 7:30 p.m. \$8 admission. Call Dorothy Jordahl at 847-356-5484

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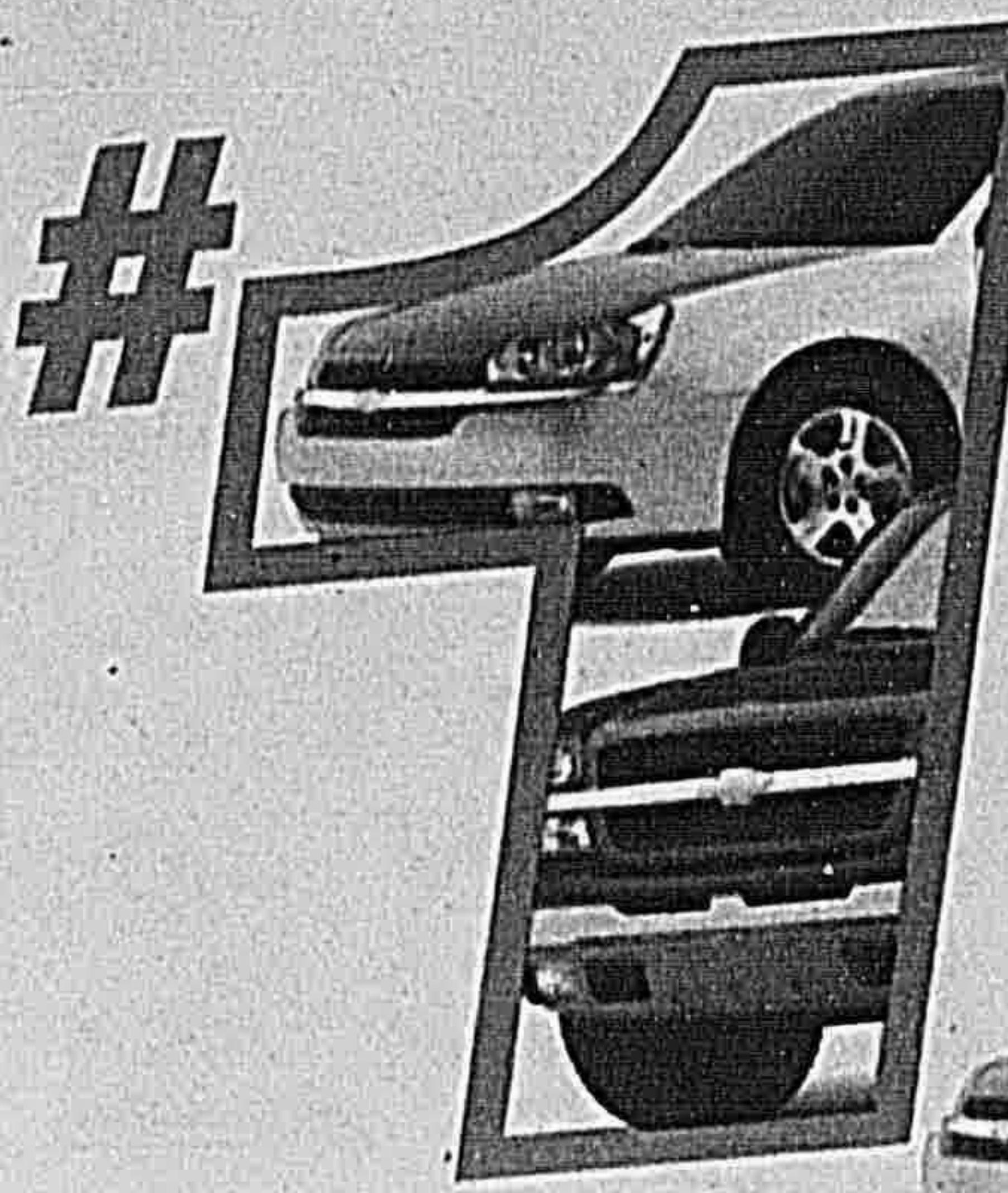
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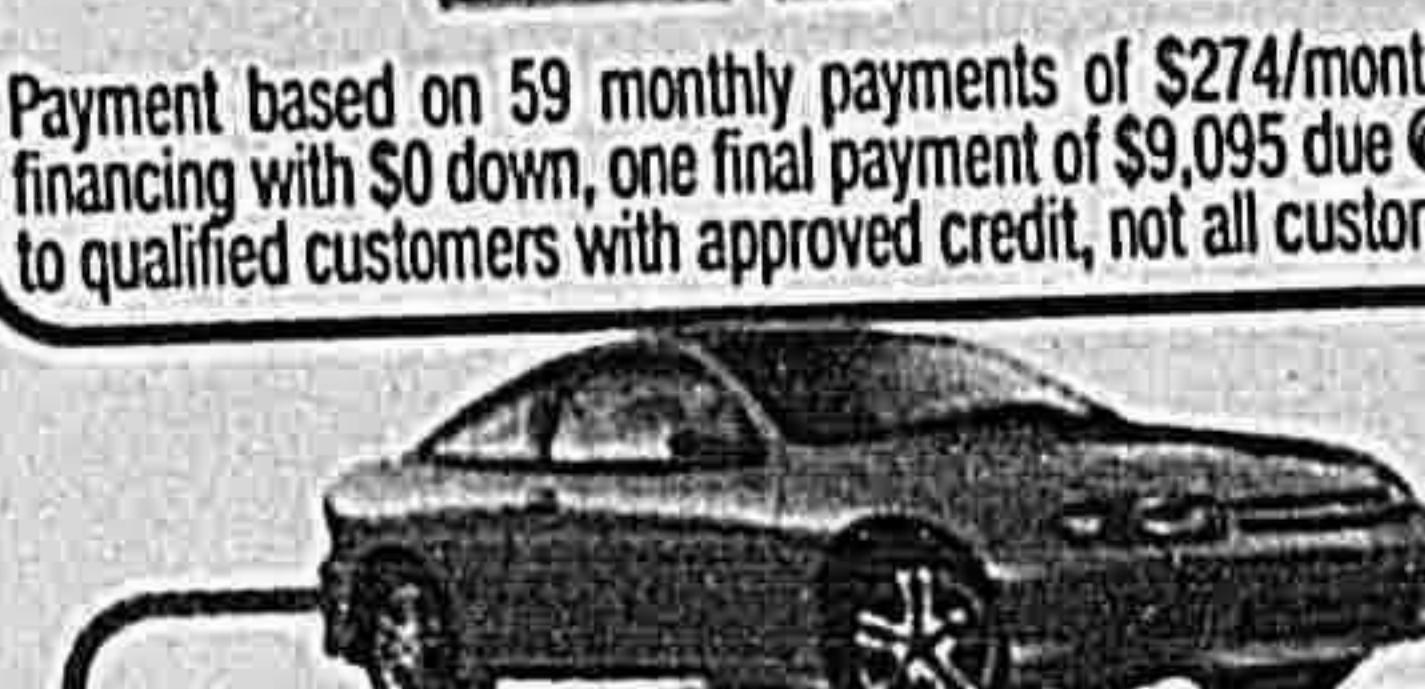
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LOCAL DIGEST

Readers' theater 'Off the Map'

Always willing to enter uncharted waters, PM&L Theatre's next readers' theater is a production of "Off the Map" to be performed on Sunday, Feb. 15 at 2:30 p.m. at the theater located on Main Street just south of Orchard.

Publicity director Betty Smouse said, "This play, which includes comedy and pathos, explores a young woman's memory of the summer she learned about love and loss."

Chris Heilgeist, of Salem, Wis., directs the one-hour production. Cast members are Sally Roberts, Sammie and Donna Abear and Eric Rhode, all of Antioch, as well as Karl Heilgeist, of Salem, Wis., and Terry O'Brien, of Lake Villa.

As with all of PM&L's readers' theaters, no reservations are necessary and it is free of charge.

For more information, call 262-537-2147.

German-American Club holds Faschings Dance

The German-American Club of Antioch is hosting its annual masquerade dance, Faschings Dance, on Saturday, Feb. 21 at the VFW Hall in Lake Villa.

Doors open at 6:30 p.m. with music beginning at 7:30 p.m.

Though costumes are not required, the general feeling of the club is that the more guests who show up in costumes, the better.

Admission is \$8. For more information, call Dorothy Jordahl at 847-356-5484.

Library continues speakers program

The Antioch Public Library District is continuing its adult speakers programs for the month of February.

On Wednesday, Feb. 25 at 7 p.m., a presentation on resume writing will be given by Terry Berryman, of the College of Lake County, that will offer tips on making a resume the best that it can be.

For more information, call Jane Connors-Geddes, adult programs coordinator, at the

library at 847-395-0874.

Wetland friends meet

With about 20 members, the Friends of the Wetlands hopes to double its size in the coming year as it takes on new and bigger projects. Its next meeting is Feb. 28.

According to Billie Horton, who is both Antioch's special events coordinator and head of this committee, the perfect candidate to become a member of this group is anyone who has an interest in the environment, birders, carpenters, landscapers or who likes to play in the dirt.

This past year, in addition to clearing Canary Grass and European Buckthorn, the two most pervasive weeds in the William E. Brook Memorial Wetland Sanctuary, the friends have added benches and a handicapped ramp with the help of local Boy Scouts and carpenter Jim Murphy.

Plans for this year include creating a family ice rink complete with music, lights, a warming shelter and security cameras.

Friends of the Wetlands meets the fourth Saturday of the month at 9 a.m. in the Community Building located at 884 Main St., just south of Village Hall. Anyone interested in attending is welcome to do so.

Garden club hosts regular meetings through June

Antioch Garden Club meets the first Monday of the month, September through June at 6:30 p.m. at the United Methodist Church at 848 Main Street, Antioch.

Visitors and new members are welcome. For more information call (847) 395-1202.

VFW offers fish fry

Antioch VFW Post 4551 has started having a fish fry on Friday nights from 4-8 p.m.

In addition to cod, perch and shrimp the menu offers burgers and chicken strips. Dinners are served with French fries or a baked potato, in a limited quantity, and coleslaw bread and butter.

Cost varies from about \$3-8, depending on the fish or meat.

For more information, call 847-395-5393.

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Name: Alexa Cunningham

Home: Just west of Antioch in Richmond

My family/pets: My mom and dad, my brother, a dog, two cats and one fish

I attend/graduated from: Nippersink Middle School

What I like best about my town: I like the parks in the area.

Hobbies: I like sewing, music and watching television.

Favorite movie: "The Outsiders"

Favorite album/cd: Pink "Misunderstood"

Favorite sports team: The Bears

Best local restaurant: Dilers

Favorite home-cooked meal: Tacos

Person I admire most: My friend Roxanne who lives in Antioch

If I had \$1 million, I would: Move to Colorado

If I had a plane ticket anywhere, I'd go to: Lithuania



My pet peeve is: My brother

If I had one wish, it would be: For more wishes

My dream job would be: Social worker

My life's motto is: Hakuna matata

If you have a "Neighbor" that you would like to see profiled in this column, call Lakeland Newspapers at 847-223-8161.

Calendar

GOT SOMETHING GOING ON? GIVE US A CALL!

Call 847-223-8161 or e-mail calendar@lakelandmedia.com

A 14-day notice is requested for all items.

Friday, February 13

6:30 p.m.-midnight, Las Vegas Night hosted by American Legion Post 703. Proceeds support hospitalized veteran and community service programs. Admission is \$1. Located at 703 N. U.S. Hwy. 12 in Fox Lake. Food and drink available

Saturday, February 14

Sat. & Sun., 10 a.m.-5 p.m., Home and Outdoor Living Expo held at the Lake County Fairgrounds, Hwy. 45 in Grayslake. Enjoy the many exhibitors. Admission is \$3 for adults, seniors are \$2, children admitted free. Call 847-231-4000

12:30-3 p.m., Lake County Area Computer Enthusiasts will host "Ask The Experts," a question and answer session open to all computer users, at the Grayslake Area Public Library, 100 Library Lane. Visit www.lcace.org

6:30-10:30 p.m., Valentine Ball hosted by Dance With Us dance group at the Belvidere Recreation Center, 412 S. Lewis Ave., Waukegan. Couples and singles welcome, lesson held and light buffet served. Admission is \$10. For info., call Dawn at 847-244-7702

7-9 p.m., Family Night at the Hastings Lake YMCA with winter time pool party with large inflatable rafts. Hastings Lake YMCA is located at 20517 W. Grass Lake Rd. in Lindenhurst. Community members are encouraged to participate in this free event. Call 847-356-4006

Sunday, February 15

1:30-4 p.m., The Lake County Spinner's Guild meeting held at the Warren-Newport Public Library. Enjoy the art of fiber spinning and meet fellow spinners. For info., call Carol at 847-234-0778 or Chris at 847-367-2536

2:30 p.m., PM&L Reader's Theatre presents, "Off the Map," at the theatre, 877 Main St. in Antioch. No reservations needed, free admission. For info., call 262-537-2147

Monday, February 16

12:45 p.m., Bingo held at The Antioch Senior Center, call 847-395-7120 for details

7 p.m., Zion Genealogical Society meeting held at Beach Park Village Hall, 112780 Wadsworth Rd. in Beach Park. Guest speaker Dick Ammann on "Using Newspapers in Research." Visitors welcome. For info., call Joanne at 847-360-0360

7:30 p.m., Antioch Coin Club meeting held at the Antioch Public Library, 757 Main St. Open to the public. Contact JoAnne at 847-395-4738

Tuesday, February 17

1-3 p.m. and 7-9 p.m., Gardening class, "Small Trees for the Landscape," held at the Univ. of Illinois Extension office, 100 S. U.S. Hwy. 45 in Grayslake. Free program. Select which session you're interested in attending and register at 847-223-8627 or online at www.urbanext.illinois.edu/lake

6:30 p.m., Bariatric Treatment Centers (BTC) hosts a dance and exercise class downstairs at the Antioch Senior Center, 817 Holbeck Dr. For more info., call Karen at 847-395-6244

Thursday, February 19

10 a.m., The Lake County Spinner's Guild meets locally. Learn about the ancient art of fiber spinning. Meets the third Thurs. of each month. For location and details, call Chris at 847-367-2536

7:30 p.m., Northern Illinois Chapter of ABATE invites all on road and off road motorcycle riders in and around Lake and McHenry Counties to its monthly meeting at the Round Lake American Legion, Post 1170. Call, 847-223-9385 or visit online at www.abate-il.org/northern

Friday, February 20

7:30 a.m., Lake County Chamber of Commerce networkers group meets at the Hampton Inn in Gurnee. For info., call 847-249-3800

Saturday, February 21

10:30 a.m.-4 p.m., Health Sports & Golf Expo held at College of Lake County in Grayslake. Meet pros, shop for all the latest products and more. Admission is \$5 and free for seniors and ages under 16. Call 847-543-2000

6:30 p.m., Annual "Faschings Dance," or masquerade, hosted by the German American Club of Antioch, held at the VFW Hall, 130 E. Grand Ave., in Lake Villa. Costumes welcome, not required. Music starts at 7:30 p.m. \$8 admission. Call Dorothy Jordahl at 847-356-5484

Band leaps into spring

It's only fitting with leap year that the Lakes Area Community Band's upcoming concert has been named "Leap into Spring." The concert will be held on Sunday, Feb. 29 at 3 p.m. in the Antioch Community High School Auditorium.

Some of the pieces to be performed that evening include selections from "Les Miserables," a march by John Philip Sousa called "George Washington Bicentennial March" and "The Typewriter" by Leroy Anderson.

"Our band is continually growing both in numbers and musically," said the band's director Steve Porch. "We are very fortunate to have so many talented musicians play in our group just for the love of playing music, and it shows in every concert we perform."

Sponsored by the Festival Arts of Antioch,

admission is always free. Seats are on a first-come-first-served basis, so for the best seating, come early.

Debbie Davis, publicity director, said that refreshments would be served after the performance.

"This is really a fun band," said Davis. "There is a diversity of ages, and everybody is very nice and down to earth. It's a night of entertainment just to come to rehearsal."

The Lakes Area Community Band is a not-for-profit group started more than a decade ago and made up of 40 musicians from Lake, McHenry and Kenosha counties. Rehearsals are held Monday evenings in the ACHS band room at 7 p.m. For more information about joining, call 847-395-0272.

Casual day helps 9-year-old

First National Bank-Employee Owned (FNBE) will hold a Casual Because We Care Day to benefit Alexes Marie Terecky.

On Feb. 13, employees will don their casual wear in exchange for a minimum of \$2 each donation to the Terecky fund. Alexes is a 9-year-old Kenosha resident who was diagnosed with Leukemia in September 2003. Her aunt set up the fund to pay for medical expenses not covered by the family's insurance.

As a community oriented bank FNBE strives to help causes like Alexes' because it also raises the communities

awareness about area people in need," said Karen Kubin, FNBE marketing representative.

Community members are welcome to make donations to the Terecky fund and may do so by stopping by either bank branch. One is located at 485 Lake St., Antioch, and the other at 36044 N. Brookside Drive, Gurnee.

Casual Because We Care Program has been running since 1995 and has benefited a number of individuals and organizations. For more information about it, contact Kubin at 847-395-3111.

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Gary Hubert, left, director of franchise services for Dunkin' Donuts/Baskin-Robbins, and Chuck Cowgill, right, director of retail operations, present Larry Mondie, owner of the Antioch Dunkin' Donuts/Baskin-Robbins, with the President's Award.

Antioch businessman honored

Larry Mondie, well-known for satisfying Antioch's sweet tooth with ice cream and donuts, was one of only three Dunkin' Donuts/Baskin-Robbins franchisees in the country to receive the President's Award for "multi-brand retail excellence."

Mondie, who owns and operates the Antioch Dunkin' Donuts/Baskin-Robbins, was honored for excellence in sales, management and leadership in the company and community.

While this is Mondie's first President's Award, he has received numerous awards over the years for sales growth and marketing excellence. He has also served in various leadership positions, representing other franchisees on

advisory councils to the company.

He started his retail career when he purchased an existing Baskin Robbins store in 1989. Seven years later, when the company introduced the multi-brand concept, he added a Dunkin' Donuts to the store. Mondie said he hopes to open another Dunkin' Donuts/Baskin-Robbins store in the near future.

In the meantime, he and his wife, Gayle, also operate the Video Empire store in Antioch with their partners Scott and Ashley Eberle.

Mondie, his wife and their son, Josh, who also works at the Dunkin' Donuts/Baskin-Robbins store, reside in Ingleside.

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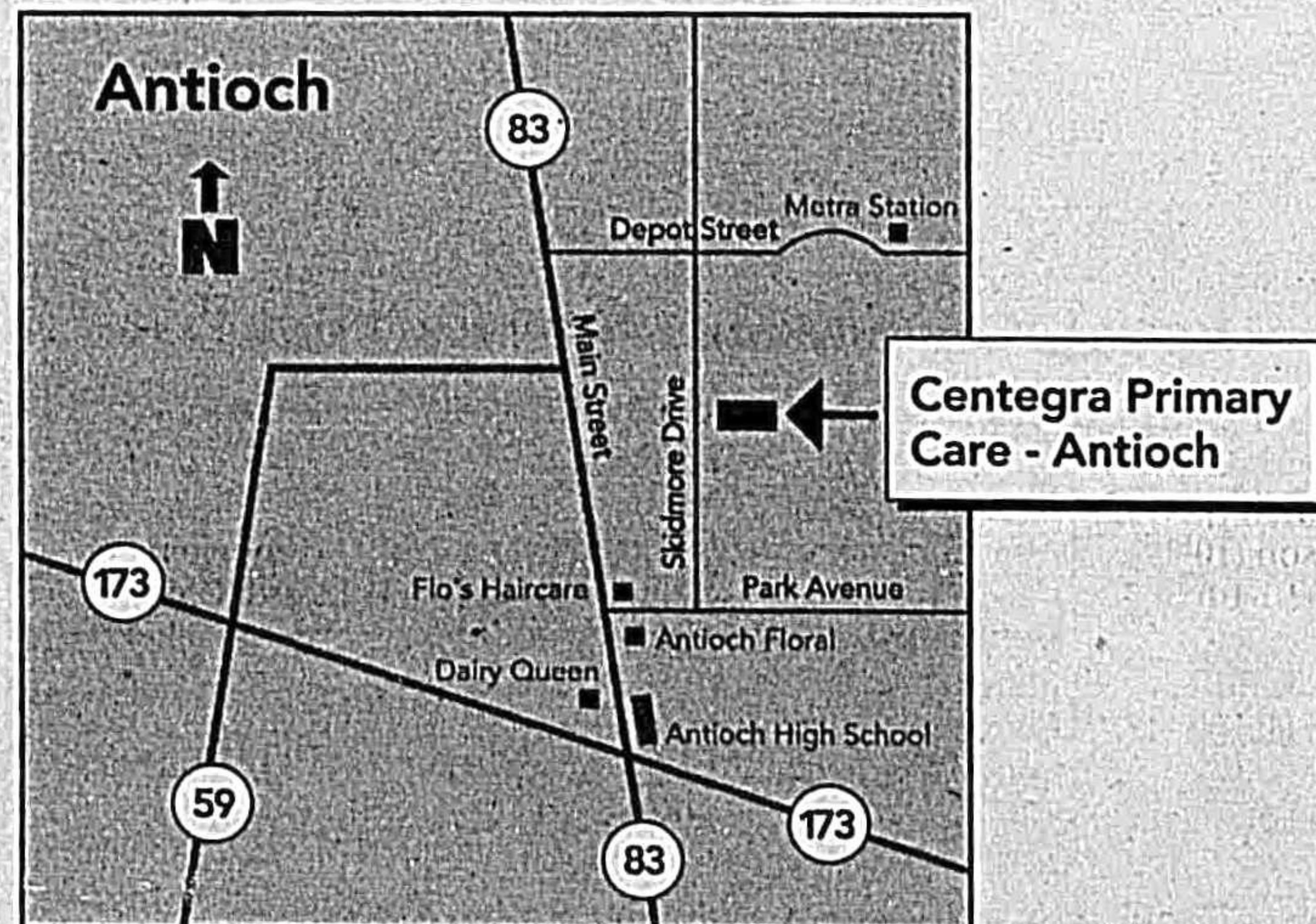
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LAST CALL

Rob Backus

County hoops has girl power

While Title IX mandated that men's and women's athletics receive equal treatment, that rule has never been applied to the fans. Just ask the WNBA or the now-defunct WUSA women's soccer league.

There have been notable exceptions, but unless it's the women's soccer World Cup or a showdown between UConn and Tennessee, odds are fans for women's or girls' events will be few and far between.

The discrepancy in attendance is especially telling when it comes to local hoops teams.

Lake County boys hoops teams consistently outdraw the girls teams, sometimes at a ratio of 2 or 3-to-1.

Many will argue that girls' hoops is an inferior product. And there are times, in the middle of stretch of six minutes without a basket at a girls' game, that I might agree.

But there are several teams out there that play an exciting brand of basketball, and fans are missing out.

Let me be the first, well probably not the first, to say that there are no great boys' hoops teams this season.

Lake Forest, a team with just 16 wins, was named the No. 1 seed at the Waukegan sectional. Zion-Benton looked at times to be a great team, starting the season 20-0. But with losses to Mundelein and the Scouts in the past week, it became clear that they were an untested team fattening up on a soft schedule.

It's been a down year for Warren, yet the Devils still drew the No. 3 seed. Libertyville, Mundelein and Stevenson have been wildly inconsistent at times this year. Those six teams represent the cream of the crop in the area. Talk about parity.

However, there are several girls teams worth watching.

Carmel and Grayslake each have over 20 wins and both have a shot to make it down-state.

Carmel has a very balanced attack, led by Jenny Eckhart and Caitlin Krombach, and the defense, keyed by Becky Smith, can be stifling at times.

Grayslake has the wildly entertaining Kayla Ming leading the way with over 20 points per game. The 5-7 senior guard plays with reckless abandon, popping up everywhere on the court. The Lady Rams also have a complement of talented role players, such as Bethany Russ and Rachel Miner, who help do the little things any team needs to win.

Warren, Mundelein, Libertyville and Grant also have played entertaining ball at times this season.

With just a few games left in the season, please go out and support your girls' hoops teams. You might see something special.

Rob Backus can be reached at 847-223-8161 x. 130 or at rbackus@lakelandmedia.com

Sports

February 13, 2004

Please turn to
COUNTY SECTION
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Sports Coverage

Lakeland Newspapers / A9

Antioch hopes to bounce back for post-season

By ROB BACKUS
rbackus@lakelandmedia.com

After a solid start to the season, Antioch's varsity girls hoops team went into a tailspin around Christmas time, losing eight of 10.

"Everyone starts to improve around this time of year," Antioch coach Don Zeman said. "We just haven't made the same improvement. We've also been rebounding poorly; that's been our biggest weakness."

A 49-21 loss to Stevenson on Monday night aside, the Lady Sequoits appear to be improving just in time for the post-season, which begins on Tuesday.

Antioch played its best game in weeks, in a 46-38 win over McHenry, a team it had lost two by 17 points in December.

"We played an excellent game for four quarters," Zeman said. "It was our best rebounding game of the year and it was a wonderful defensive effort."

Katie Hofeldt led Antioch with 16 points, and Holly Roberts chipped in with 13.

Unfortunately, the Lady Sequoits were unable to carry any momentum into their next game, the loss to Stevenson.

Jennie Dewar (12 points) was the only Antioch player in double figures, and all of her points came in the first half.

"We had focused on what kind of momentum we could generate and that game was a step backward," Zeman said. "Stevenson played excellent defense, but that's not the whole story. We had good looks at the basket but no one stepped up and knocked them down."

Antioch was able to bounce back Tuesday night with a 46-44 win over Vernon Hills.

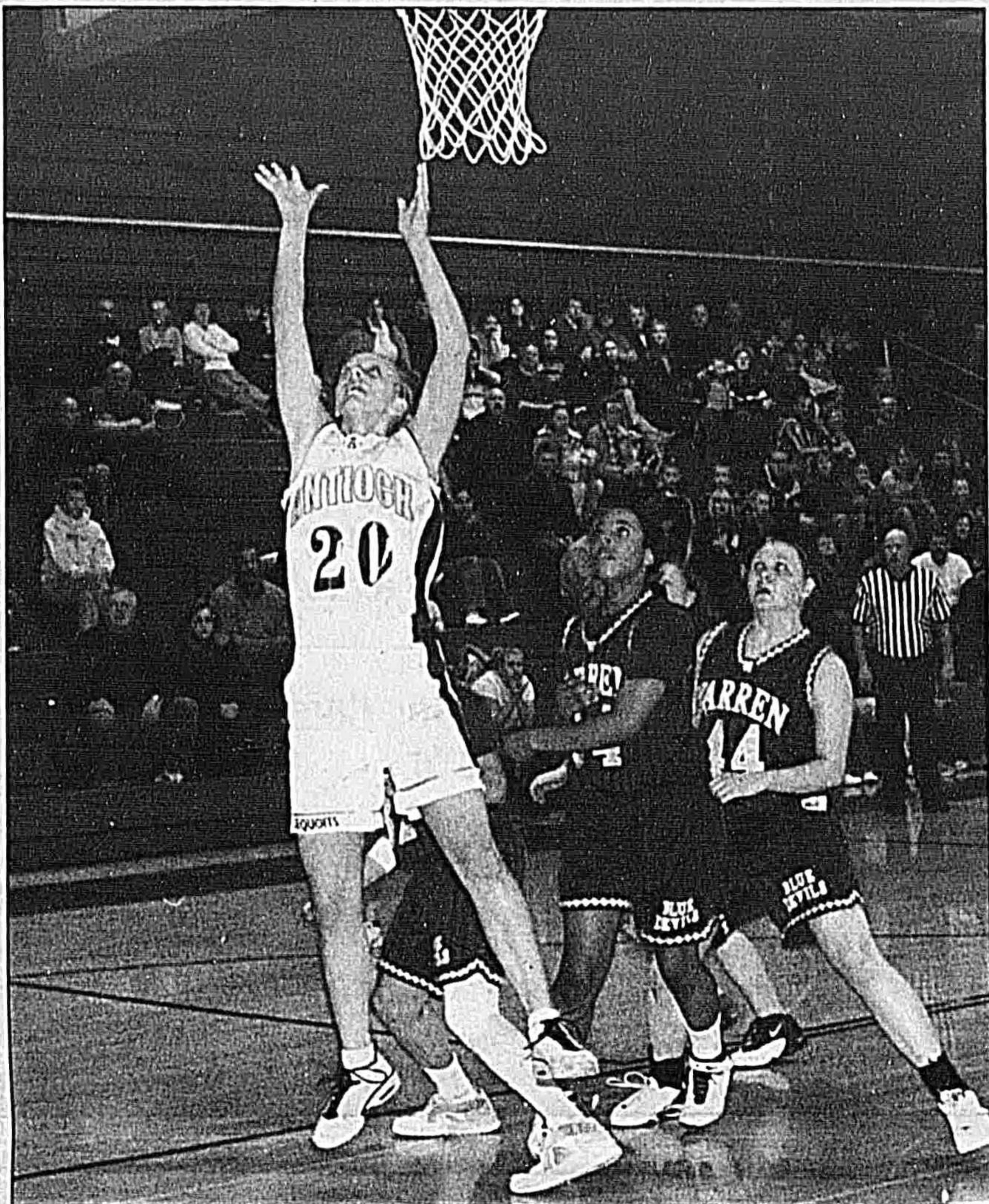
With the game tied at 44-44 with nine seconds left, Hofeldt stole the ball and pushed it up the floor with no timeouts left. She then got the ball to Dewar who scored the winning basket with just one second left.

Dewar led Antioch with 22 points, 13 rebounds and 4 blocks and Hofeldt had 12 points, 10 boards and 4 assists.

The win improved Antioch's record to 13-14.

"We hadn't won any close games lately," Zeman said. "It was nice to come out on top for a change."

Up next for No. 10 seed Antioch is the No. 7 seeded Libertyville squad on Feb. 15 at 8 p.m. at the Grayslake regional. The Cats beat the Lady Sequoits twice during the regular season.



Antioch's Jennie Dewar lays the ball in the basket in a game against Warren in January.—File Photo by Steve Young

Five Sequoits earn tickets to sectionals

By JOHN PHELPS
Lakeland Correspondent

Pride, not to mention state berths, will be on the line Feb. 13-14 at Rolling Meadows High School. That'll be the site of sectional wrestling, as the top-3 finishers in each weight class will earn a trip to Champaign the following weekend for the state finals.

And the Sequoits will have good representation as five combatants earned sectional berths at last weekend's Waukegan regional.

Senior Mike Campese kept his strong season going by winning the 215-pound weight class. Campese, the reigning conference champ in that weight category, takes a 31-4 record heading into Rolling Meadows. He won a 7-1 decision over Warren's Joey Baruffi in the title match at Waukegan.

There's a chance the two could meet up for a fourth time at Rolling Meadows. Baruffi is currently 28-5 on the year.

Other Sequoits earning trips to sectionals included 112-pounder Kyle Mueller, who pinned Grayslake's Trevor Hall at the 5:39 mark in the third-place match.

Mueller, who is 20-17 on the year, will open sectionals against Stevenson's Mike Aufmann. Aufmann, 23-11 on the year, finished second in the North Suburban Meet.

Sequoit head coach Ron Hatfield is particularly happy to see his freshman make it to the next leg of the State tournament.

"We lose seven seniors who have been very valuable to the program," the coach said. He (Mueller) is helping build the nucleus for not only next year, but the legacy for the next four years."

Mueller will join 140-pounder Scott Miller and 189-pounder Brad Lindstrom, both juniors, as the only returning wrestlers with varsity experience.

Speaking of Lindstrom, this guy was so close to making it to Rolling Meadows. In the

third-place match at sectionals, Lindstrom tried a hip-toss on Waukegan's Vernon Smith with about 15 seconds left in regulation.

"He just missed it and Vernon got a take-down to win 5-3," Hatfield said. "It was heartbreaking to see. Brad had him."

Lindstrom wound up finishing fourth.

Senior 171-pounder Kyle Stigler also ran into some bad luck at Waukegan. Stigler, with his 19-13 record, was winning his semifinal match handily over Grayslake's Matt Simon.

But, "Kyle hip-tossed his guy and really bruised his ribs," Hatfield said. "He would have qualified but ended up having to injury default."

As for the other qualifiers for Antioch, heavyweight Drew Swanson and 160-pounder Taylor Pechauer, both seniors, notched second-place finishes at sectionals.

Swanson (20-13) will face Rolling Meadows junior Steve Szymczak (34-6) in the opening round of sectionals, while Pechauer (24-13) will open against Conant's Aaron Haftl. Haftl is 20-6 on the season.

Pechauer has one of the tougher roads, with undefeated Libertyville senior Mark Friend looming in a possible third round match-up. Friend is the No. 1 ranked 160-pounder in the state.

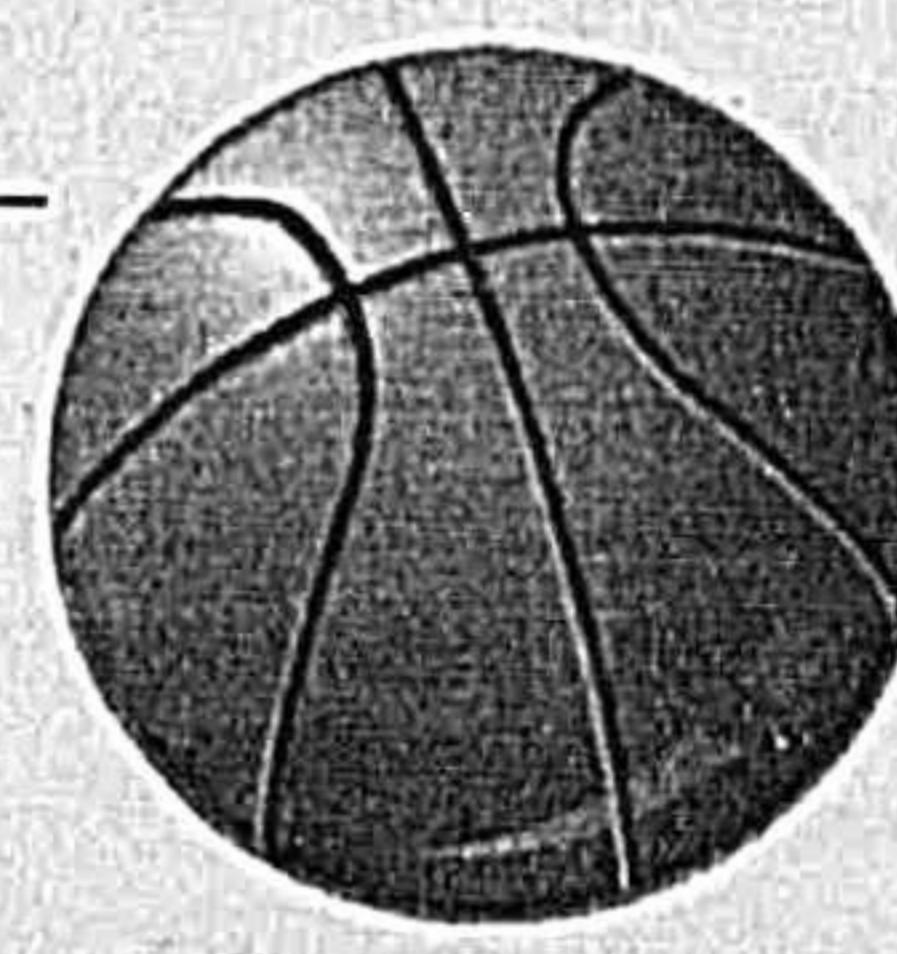
Antioch senior Phil Sehner (152 pounds) will also make the trip to Rolling Meadows after finishing third at sectionals. Sehner (24-17) has perhaps the toughest road.

If he wins his opening match against Fremd's Jake Hughes, he would meet Highland Park senior Michael Poeta. Poeta, undefeated on the season at 37-0, is one of the top-ranked 152-pounders in the nation.

"We're capable of getting a few guys through (to state)," Hatfield said. "A couple of the guys have really difficult roads, but we'll do what we can to fine-tune everything this week in practice because you never know."

The SUPER 17 Boys Basketball

Comment



Next opponent

Team

1. Lake Forest (16-5)
2. Zion-Benton (21-2)
3. North Chicago (15-7)
4. Libertyville (14-8)
5. Johnsburg (15-8)
6. Warren (12-8)
7. Mundelein (11-12)
8. Waukegan (12-9)
9. Lake Zurich (11-10)
10. Stevenson (10-11)
11. Grant (10-10)
12. Antioch (9-13)
13. Grayslake (6-16)
14. Vernon Hills (5-17)
15. Carmel (3-17)
16. Round Lake (2-17)
17. Wauconda (3-18)

Win over Zion vaults Scouts to top spot. Zee-Bees out of first for first time. Allen continues to lead Warhawks. Cats have won 4 straight. It's official: Skyhawks are on fire. Devils getting more out of Moore. Mustangs slide after 2 straight big wins. Bulldogs have just 2 conference wins. Bears back over .500 mark. Attack leads Pats over Rolling Meadows. Cats snap Grant's 5-game win streak. Sequoits creep closer to .500. Rams 3-3 in last 6 contests. Cougars offense continues to struggle. Venegoni returns, Corsairs still lose. Panthers coming off 10-day layoff. Wauconda destroyed by Warren.

Warren Feb. 13 at Round Lake Feb. 13 at Grant Feb. 13 at Antioch Feb. 13 at Harvard Feb. 14 at Lake Forest Feb. 13 at Stevenson Feb. 13 at Niles West Feb. 13 at Woodstock Feb. 14 at Mundelein Feb. 13 at North Chicago Feb. 13 at Libertyville Feb. 13 at McHenry Feb. 14 at Wauconda Feb. 13 at St. Viator Feb. 13 at Zion-Benton Feb. 13 at Vernon Hills Feb. 13



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Lady Rams persevere against Woodstock

By JOHN PHELPS
Lakeland Correspondent

In the case of the Grayslake girls' game against visiting Woodstock, it was not how the Rams started, but rather how they finished that made all the difference.

You see, the Rams have rarely trailed by more than 10 points. Heck, they've hardly ever trailed in any of their games this season.

Look at the 23-3 overall record.

So just how did they respond when the Blue Streaks vaulted to a 40-30 lead early in the third quarter?

"We simply got out-hustled (in the first half)," said senior shooting guard Kayla Ming, who finished with a game-high 29 points to go along with 10 boards. "But we hung in there. We needed a game like this with regionals coming up, one that was close and down to the wire."

Ming had a lot to do with the Rams getting back into the game. After Woodstock staked to that 10-point lead, Ming converted on a lay-up and seconds later, stole the ball and canned a three-pointer. All of a sudden Grayslake had new life and trailed only by 5 (40-35).

Then, the school's all-time leading scorer popped in 9 of her points in a fourth quarter that saw Grayslake blitz Woodstock 32-22 en route to an eventual 76-71 victory.

Senior guard Bethany Russ had a little foul trouble and spent most of her time on the bench over the middle two periods.

But her re-entry into the game to start the fourth only proved detrimental to Woodstock.

It's Russ' floor generalship that has sparked her team time and time again. She can score and play mean defense, something the Rams lacked in the first half of play.

"She (Bethany) and Kayla are cut from the same mold," said Rams head coach Mike Hirsch. "Both of them know how to fire the team up and get us back into a groove if we're not playing well."

Russ' trey, coupled by a pair of free-throws in the final 2 minutes helped Grayslake keep it a two-possession game.

The Rams had taken the lead for good 59-58 on Ming's free-throw with 2:46 left in regulation. Russ also had a key steal that resulted in a Rachel Miner bucket to give Grayslake their biggest lead at 71-62 with 60 seconds left.

And speaking of Miner, the 5-foot, 5-inch guard was deadly from three-point land, canning five on the night en route to 19 points, including 10 of those in the final period.

This all after Grayslake committed 17 turnovers in the first half.

"They (Woodstock) had us on the ropes," Hirsch said. "But in the second half we started doing the little things well, like boxing out, getting the loose ball and crashing the boards."

Turnabout is also fair play, too, as it was Grayslake that forced Woodstock into 11 second-half turnovers.

And let's not forget about the inside presence of Erica Faden, who poured in 17 points, mostly in the paint. Faden also played excellent defense in holding Woodstock center Jen Nichols to seven of her 23 points in the second half when Grayslake mounted its charge.

"I think we might have overlooked and underestimated them a little," said Russ of Woodstock. "It's something we need to guard against. The playoffs are coming up. You lose, you're done."

Before the Rams host their own regional, though, they will look to put the finishing touches on an undefeated Fox Valley Conference title when Dundee-Crown comes calling on Feb. 13. Tip-off is slated for 7:30 p.m.

Then, Grayslake, the No. 2 seed in the Stevenson sectional, will tangle with 16th-seeded Round Lake on Feb. 16 beginning at 6 p.m. The winner of that game will face No. 7 Libertyville or No. 10 Antioch for the regional title on Feb. 19 at 7 p.m.

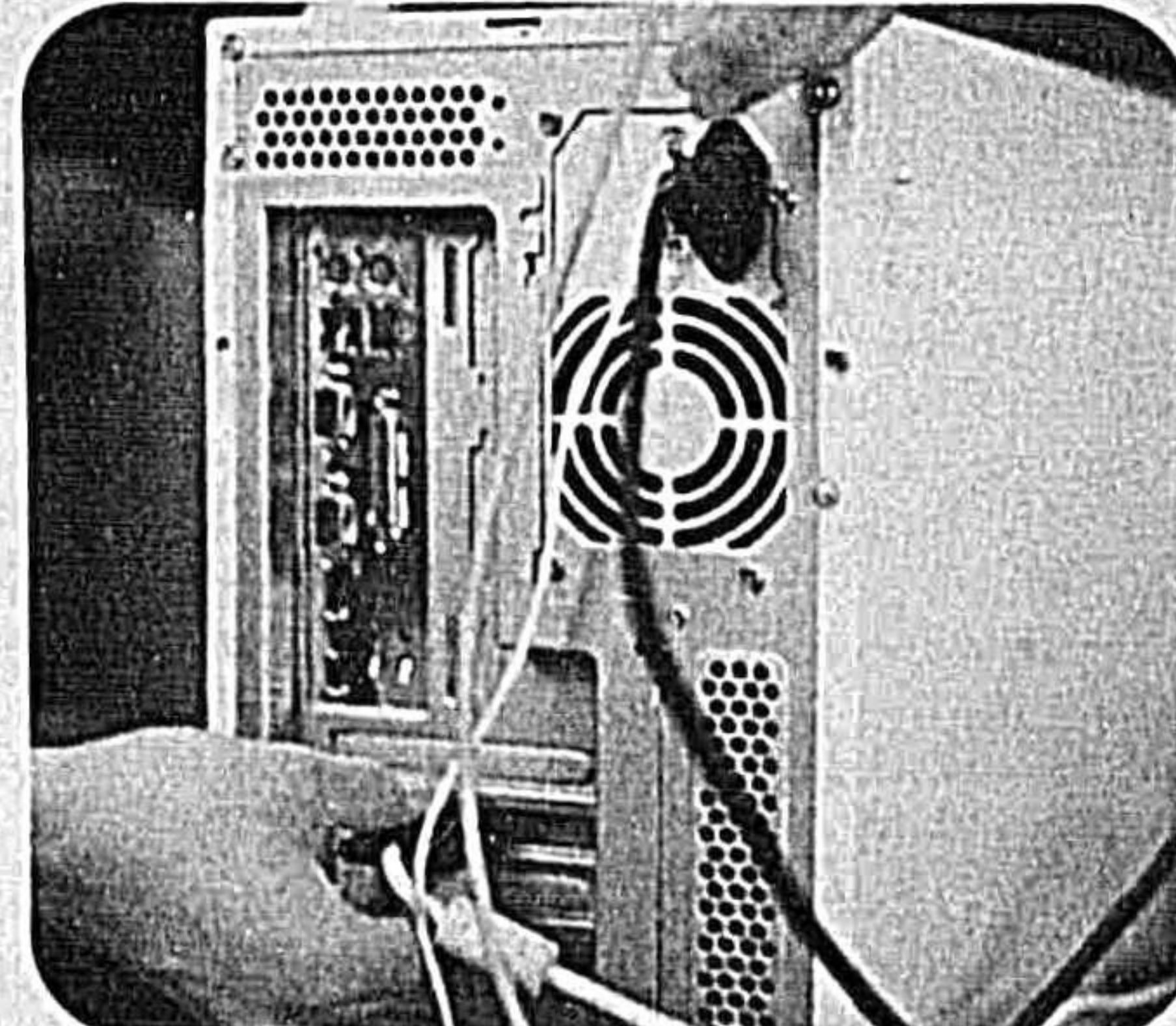
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Sources:

- *U.S. Department of Labor Bureau of Labor Statistics Occupational Outlook Handbook
- **TECH-economy.org
- ***www100.state.il.us/ITO/vtechintro.cfm

The H out of 10 held last w Sycamore. The fc during the

25 Freest
Boys 7-8
1. Kyle

50 Frees
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Boys 13
5. E

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Girls 1
6.

HASTINGS LAKE STINGRAYS ROUNDUP

The Hastings Lake Stingrays placed 4th out of 10 teams at the DCST Winter Classic held last weekend at the Kishwaukee YMCA in Sycamore.

The following individuals scored points during the meet:

25 Freestyle

Boys 7-8
1. Kyle Aerne 14.44, 4. Kirk Dickson 16.40

50 Freestyle

Boys 7-8
1. Kyle Aerne 33.09
Girls 9-10
1. Michelle Garland 29.27, 8. Taylor Aerne 33.75
Girls 11-12
8. Mesa Schmidt 29.15
Boys 13-14
5. Brady Cushman 26.36
Women 15-18
6. Bethany Brooker 29.00
Men Open
2. Matt Revell 23.54

100 Freestyle

Girls 9-10
1. Michelle Garland 1:03.74, 3. Dominique Bessette 1:07.40, 6. Taylor Aerne 1:15.55
Girls 11-12
4. Mesa Schmidt 1:03.93, 7. Shannon Zalewski 1:06.14, 8. Molly Snittjer 1:06.41
Girls 13-14
7. Kelly Garland 1:03.19
Boys 13-14
5. Brady Cushman 57.97
Women 15-18
6. Bethany Brooker 1:02.63
Men Open
2. Matt Revell 51.19

200 Freestyle

Girls 9-10
1. Michelle Garland 2:16.21
Girls 11-12
Mesa Schmidt 2:15.91
Girls 13-14
6. Kelly Garland 2:15.09

500 Freestyle

Girls 11-12
1. Mesa Schmidt 5:51.52
Girls 13-14
6. Kelly Garland 6:10.54
1,650 Freestyle (Chicago Distance Meet)
Men Open
1. Zack Johnson 18:39.72

25 Backstroke

Girls 7-8
5. Devon Brown 21.85
Boys 7-8
1. Kyle Aerne 18.38

50 Backstroke

Girls 9-10
1. Dominique Bessette 33.60, 2. Michelle Garland 35.17

100 Backstroke

Girls 9-10
1. Dominique Bessette 1:12.99
Girls 11-12
4. Molly Snittjer 1:11.88
Girls 13-14
7. Danielle Lindquist 1:14.01
Women 15-18
7. Carley Juska 1:15.79

25 Breaststroke

Girls 7-8
2. Maggie Majewski 22.67, 3. Devon Brown 22.69, 8. Megan Landry 24.14
Boys 7-8
1. Kyle Aerne 19.50

50 Breaststroke

Girls 9-10
1. Michelle Garland 37.44, 2. Dominique Bessette 37.66
Girls 11-12
5. Katharine Majewski 37.03, 7. Emma Regnier 37.21

100 Breaststroke

Girls 9-10
1. Michelle Garland 1:20.54, 2. Dominique Bessette 1:21.83

Girls 11-12

6. Katharine Majewski 1:20.11, 8. Emma Regnier 1:22.96
Boys 13-14
2. Brady Cushman 1:11.39
Women Open
3. Bethany Brooker 1:18.22

200 Breaststroke

Women Open
8. Katharine Majewski 2:59.64
Men Open
3. Brady Cushman 2:37.51

25 Butterfly

Boys 8-and-under
2. Kyle Aerne 16.95

50 Butterfly

Girls 9-10
1. Michelle Garland 31.12, 2. Dominique Bessette 32.16
Girls 11-12
2. Molly Snittjer 30.21, 8. Shannon Zalewski 33.37

100 Butterfly

Girls 9-10
1. Michelle Garland 1:10.39, 2. Dominique Bessette 1:15.59
Men Open
3. Matt Revell 58.49

200 Butterfly

Men Open
4. Matt Revell 2:18.33

100 IM

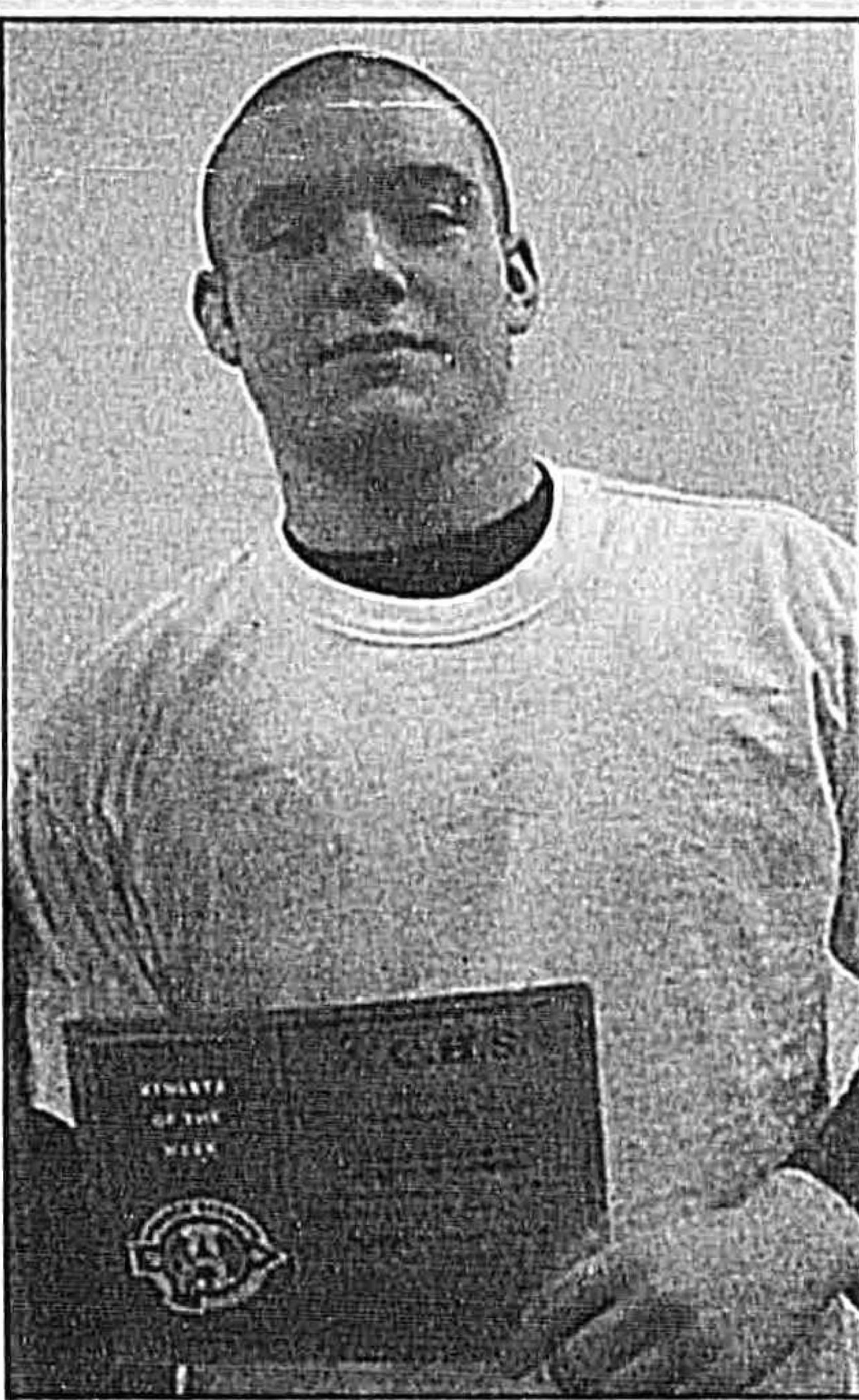
Girls 7-8
8. Maggie Majewski 1:47.85
Boys 7-8
1. Kyle Aerne 1:23.78, 7. Kirk Dickson 1:47.15
Girls 9-10
1. Michelle Garland 1:11.44, 2. Dominique Bessette 1:12.94

200 IM

Girls 9-10
1. Michelle Garland 2:31.07, 2. Dominique

Bessette 2:38.46
Girls 13-14
7. Kelly Garland 2:35.62
Women Open
5. Bethany Brooker 2:34.72

The Stingrays will host their final home meet on Saturday, Feb. 14 against Leaning Tower YMCA at 1 p.m..

**Athlete of the Week**

Antioch's Mike Campese was named the school's Athlete of the Week after winning the North Suburban Conference Championship in the 215-pound weight class. Campese also took the title at the Waukegan regional, earning a spot in this weekend's Rolling Meadows sectional.—Submitted Photo

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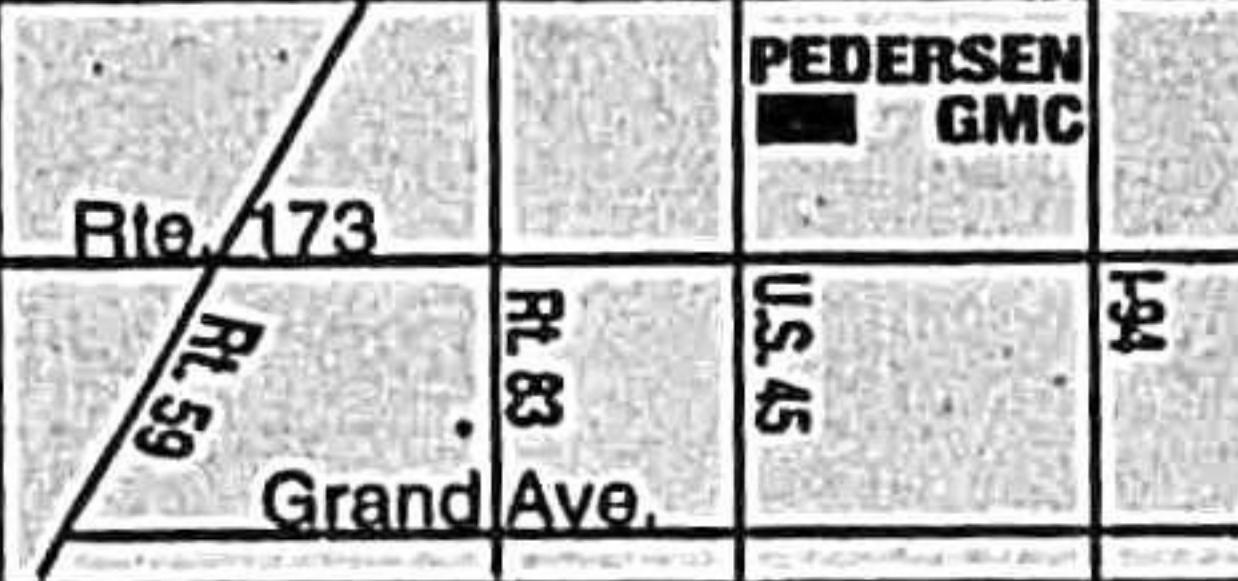
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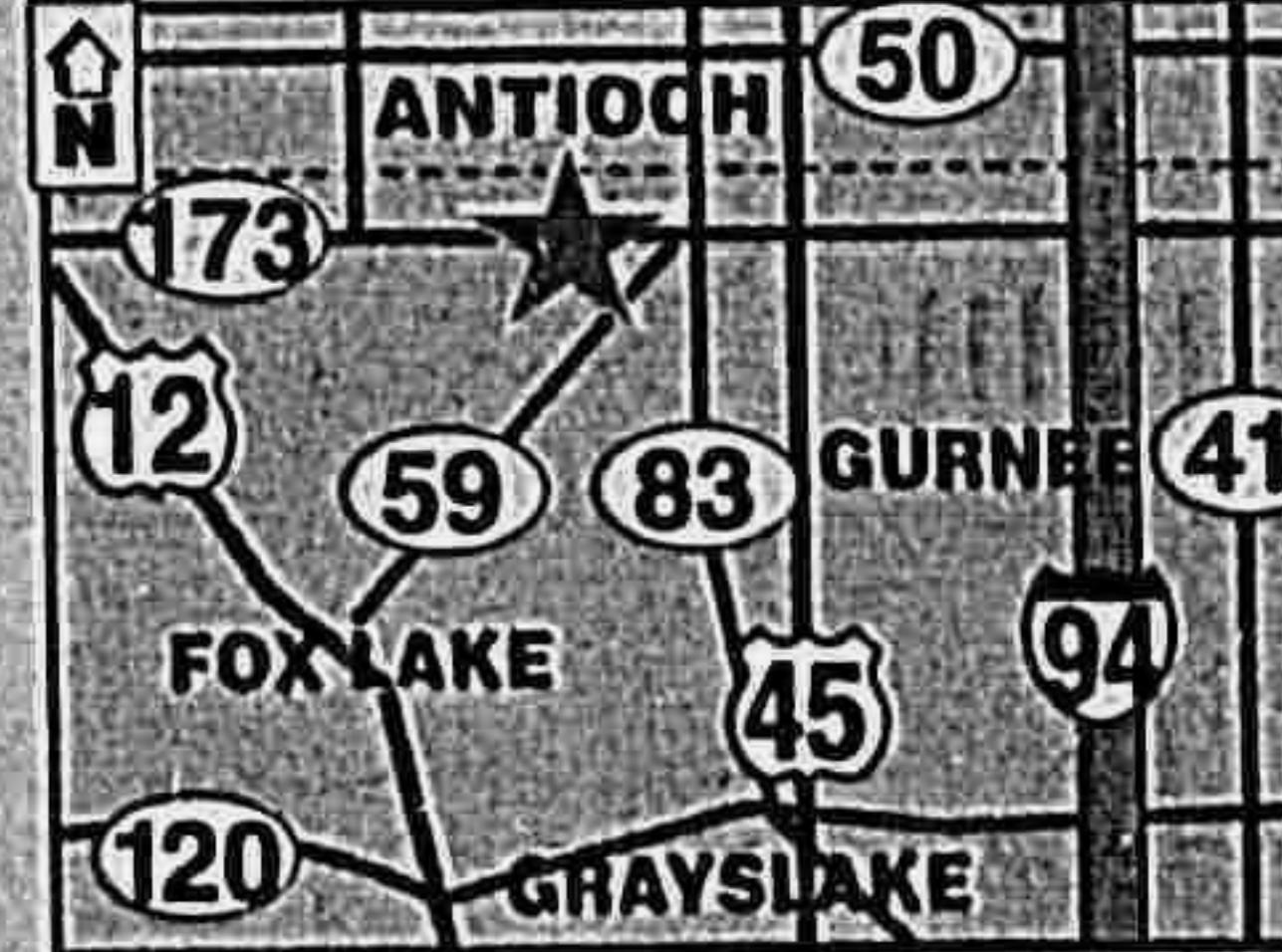
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**Officer commended
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Gurnee—One police officer is being commended for saving a life. Officer Ronald Conley used an Automatic External Defibrillator to jump start an unconscious victim's heart after hearing on his car radio scanner that the fire department has been called to a doctor's office.

Since Conley was close by, he was able to get the office first. He found the victim, a 50-year-old Antioch man, unconscious with no pulse and not breathing, while three doctor's office employees were performing CPR.

**Radio station coming
to community**

Round Lake—Rondaradio announced the FCC granted a permit to build a non-commercial, educational radio station. As licensee, Rondaradio will have up to 18 months to get the station on the air or it will lose its license.

And although the radio's station will have its antenna on top of Indian Hill School in Round Lake Heights and its station at the Round Lake High School it is not just a Round Lake radio station.

The plans call for the station's studios to be located at the Round Lake High School in Round Lake and the antenna/transmitter at Indian Hill School in Round Lake Heights. It could be on the air by the end of 2004.

**Fund-raiser to benefit
little girl**

Fox Lake—A fund-raiser to benefit Alyssa Stramel, 2, will be held on Feb. 20, from 6-10 p.m., at Maravela's in Fox Lake. A donation of \$10 at the door is requested which will include appetizers, entertainment, raffles - 50/50's and a cash bar.

Alyssa Stramel has been diagnosed with a rare genetic disorder that leads to progressive paralysis and eventually early death.

More information is available at teacherweb.com/IL/ReginaDominicanHighSchool/SGarrity/index.html.

Your tee time is set for expo

Don't miss Lake County's 2004 "Health, Sport & Golf Expo" at the College of Lake County on Feb. 21.

This event features demonstrations and tips from PGA pros throughout the area. This is your chance to enhance your game!

Stop by and check out specials from local golf courses, see the latest trends and more. Try your luck and speed at Bass Pro Shop's Longest Drive Contest for big savings and prizes.

Take a toss at a free sport in the Lake County area, Frisbee golf.

Come on out for great fun and take a swing! This 1-day golf event will soon be gone. Your game can't afford to miss it. The "Health, Sport & Golf Expo" is at the Grayslake Campus of College of Lake County on Feb. 21.

Admission is only \$5, kids and seniors are free. Watch your Lakeland Newspapers, Great Lakes Bulletin and Market Journal publications for discount coupons.

Call Tammy Marchetta at 847-223-8161 ext. 104 for more information.

New grassroots group supports county tax hike

By CAREL SCHMIDLKOFER
carels@lakelandmedia.com

The way to fight traffic congestion is to support the county's quarter-cent sales tax referendum.

That's what county officials say. And that's what a privately-funded group is supporting.

Lake County Residents for Traffic Relief, formed specifically to promote the proposal that will be on the March 16 primary ballot officially opened its campaign office at 830 West End Court in Vernon Hills Jan. 31.

"Our purpose is to educate the public to the issues and ask for their support," said Chairman Jo Ann Eckmann.

At its open house the grassroots group consisting of community, business and civic leaders unveiled its "Get Out The Vote" (GOTV) campaign.

"Our quality of life in Lake County can be significantly improved with new funding for road construction," Eckmann said.

Eckmann, former president of Libertyville, is joined by Chuck Bartels, who is treasurer of the organization.

Supporters see the quarter-cent sales tax as an alternative to raising property or gasoline taxes to fund road improvements.

As a controlled tax, revenue will grow as the county grows.

Passage of the referendum will bring an estimated \$15 million in additional funds to be committed for new transportation projects each year.

For every \$100 spent in the coun-

Please see GRASSROOTS / B7



Lake County Residents for Traffic Relief Chairman Jo Ann Eckmann talks about the sales tax referendum.

Referendum info available online

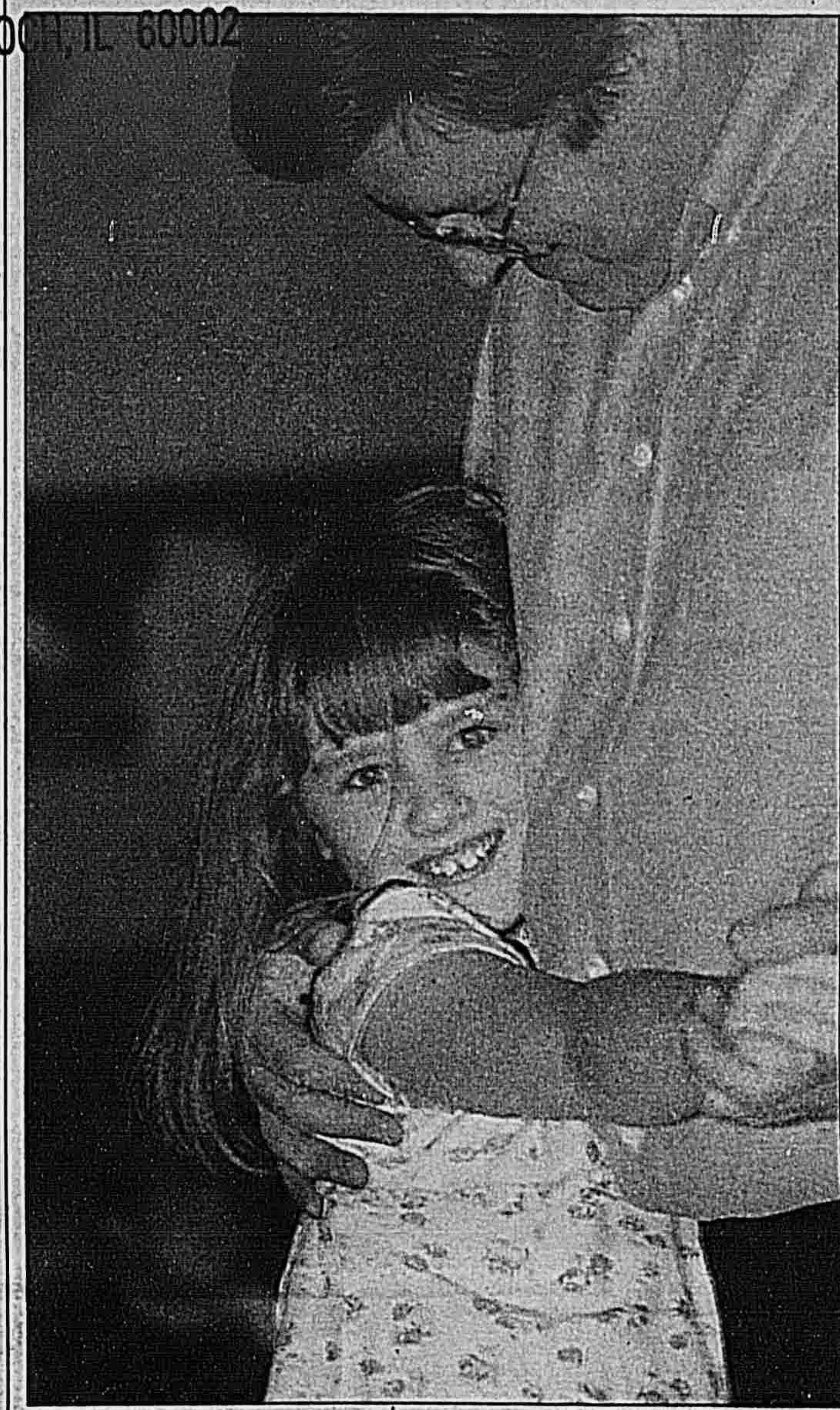
The Lake County government Web site, www.co.lake.il.us, now offers substantial information about the countywide transportation referendum that will be on the ballot during the primary election on March 16.

Lake County Board chair Suzi Schmidt (R-Lake Villa) said the ballot language, which is required by law, is somewhat confusing. "The referendum asks voters whether the county can increase its sales tax for transportation purposes. This means that for every \$100 spent in Lake County, you would pay 25 cents more in sales tax. The increase would not apply to groceries, prescription drugs and retail sales of cars and boats."

757 MAIN ST. PICTURE OF THE WEEK

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Daddy is my Valentine

Eight-year-old Anda Nadwodney of Fox Lake cuddles up against her father, Tim, during a Sweetheart Dance for girls and their fathers at the Wauconda Park District Community Center.

Photo by Candace H. Johnson

Teen pregnancy rate is on the decline here

By CHRISTY BLANDFORD
Lakeland Correspondent

Fewer teenagers in Lake County are having babies, according to statistics released by the Illinois Department of Public Health.

The percentage of babies born to teenage mothers in Illinois decreased 5.5 percent from 2001 to 2002, according to the state health department.

Lake County's teenage pregnancy percentages also declined in 2002 by more than 10 percent.

In 2001, 10,703 babies were born in Lake County; 828 of them to teenage mothers. That number decreased to 718 teenage births in 2002, out of 10,362 total births in the county.

In 2001, 570 of the teenage mothers were between 18 and 19 years old, 248 were between 15 and 17 years old, and 10 were under 15 years old.

The largest decline in 2002 was among mothers 18 and 19 years old, which dropped to 497 total births. Seven county residents under 15 years old and 214 mothers 15 to 17 years old bore children in 2002.

Tom Schafer, spokesman for the state health department, said the decline in the percentage of total teen births could be attributed to

more educational programs provided for teenagers.

"We hope that state programs and things taught in schools do have an impact and we think they do," he said. "A lot of other things do influence that too—what girls or women are learning from parents, friends, teachers, clergy or whoever they trust."

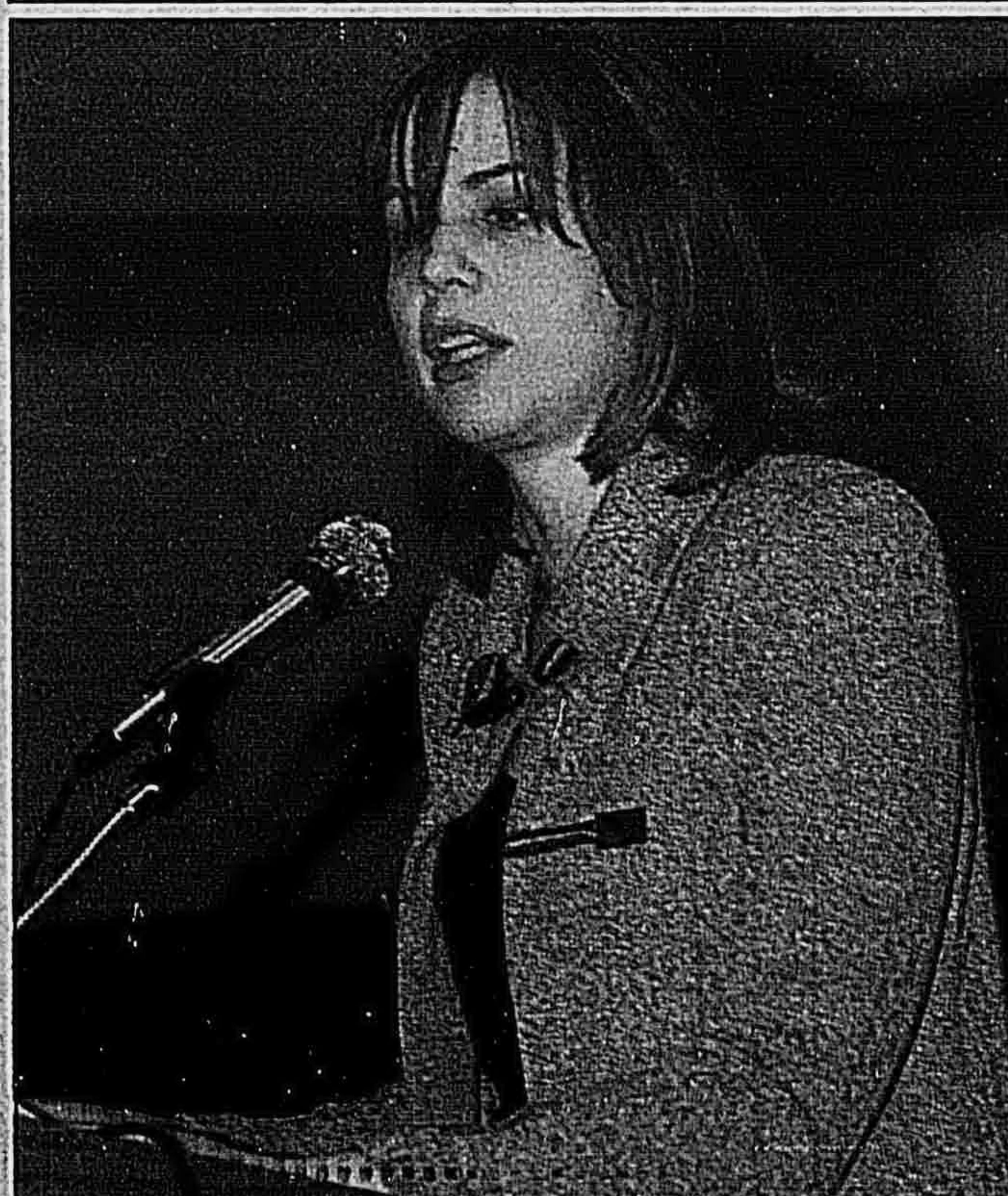
Teenage mothers often receive less prenatal care and are more likely to smoke, which results in health complications such as low infant birth weights, Schafer said.

But more teenagers are choosing to abstain or use contraceptives, which is leading to fewer pregnancies, Schafer said.

"More and more young people are deciding to hold off on sex, and on the flip side, those who are sexually active are taking more precautions; progress is being made," Schafer said.

Pat Garrity, family life education coordinator for the Lake County Health Department, said there are programs available for teenage pregnancy prevention and for teenagers who are pregnant.

The county health department's "Pages" and "Stepping Together" programs aim to provide support for



First visit

Illinois First Lady Patti Blagojevich addresses a crowd during the Lake County Democratic Women's Power Luncheon held at the Crown Plaza in Mundelein.—Photo by J.W. Sternickle

Please see PREGNANCY / B7

They cleaned up in Aisle 4

There were only winners in this race.

Grant Township Supervisor Kay Starostovic knew she had her work cut out for her as she eyed Shields Township Supervisor Chuck Fitzgerald at the starting line.

"Three-two-one-go!" said the announcer and the two went off on a mad 10-minute dash to fill as many shopping carts with as much food to bring back to their respective townships' food pantries.

When it was all over, the final bill was \$4,027.30. The Grayslake Piggly Wiggly gladly picked up the check and hundreds of those who need a meal or two will get it, thanks to the sixth-annual "Race for Hunger," sponsored by the Lake County Farm Bureau.

"Either way, we're both winners," Starostovic said. "I did better than last year (over \$1,200 in food collected)."

Starostovic final bill totaled \$1,627.14, while Fitzgerald tallied \$2,400.66.



Above—Grant Township Supervisor Kay Starostovic (right) flips as much food as she can into her cart while her secretary June Jackovich collects the loot.

Left—Shields Township Supervisor Chuck Fitzgerald is all smiles as he learns that he collected \$2,400.66 of items for his township's food bank.

Photos by Marc Jenkins



The Race for Hunger

Deadline for voting registration nears

Lake County Clerk Willard Helander announced that Feb. 17, is the last day for Lake County residents to register to vote before the March 16 General Primary Election.

County residents may register or, if they have moved within the county, update their registration at the County Clerk's office, 18 N. County St., Room 101, Waukegan, from 8:30 a.m. to 5 p.m. Monday through Thursday and from 8:30 a.m. to 7:30 p.m. on Friday. There are many convenient locations throughout Lake County where residents may register to vote including many libraries, schools,

township and municipal offices.

New registrants must be 18 years old on or before the election in order to register.

"A voter who has changed his or her name prior to 28 days before the election must re-register, providing a signature of new name," Helander said.

Voter registration will re-open on March 18, two days after the General Primary in accordance with election law. For more information about how or where to register to vote, call the County Clerk's office, Voter Registration Department, at 847-377-2410.

Clerk needs judges for March primary

As preparation is being made for the March 16, 2004, General Primary Election, Lake County Clerk Willard Helander is seeking to train 200 new election judges. While more than 3,500 Lake Countians are trained judges, new judges are especially needed as a significant number of regular judges are wintering out of state.

To be an election judge, you must be a U.S. Citizen, registered to vote, of good repute and character, able to read and write English, and able to complete basic math.

Seventeen year olds, though not registered to vote, may serve as election judges provided they attend a basic training class. In addition to meeting the basic requirements, election judges also attend a training session prior to working on Election Day. Pay for trained election judge duties ranges from \$120 to \$195.

To sign up for training as an election judge, apply online at www.co.lake.il.us/cnty-clk, or call 847-377-2408 for more information or to register over the telephone.

Lake County Business Luncheon



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Watchdog, spokesman role suits Blake just fine

By BILL SCHROEDER
Publisher

As both an elected official and a businessman, Wayne Blake finds it important to keep his eyes on the ground.

As part owner of a family well drilling and water pump business, Blake doesn't always like what he sees. Water tables are dropping throughout Lake County, making it more difficult and expensive to drill wells where public water service is not available.

As an elected officer and candidate for the County Board in the March 16 election, Blake, 45, sees an erosion of civic rights and continued intrusion of county government into the daily lives of citizens.

Blake has served as a director of the Fox Waterway Agency for 12 years, first appointed to fill a vacancy and then elected three times to the non-tax supported board that oversees safety and improvement of water quality of the

Fox River as he meanders through Lake and McHenry counties.

"We're always trying to do what's good for the boaters, fishermen and the greater community, but it's not always easy. Lots of government red tape. That's frustrating," stated Blake who hopes to win the Republican nomination in District 1, mostly Antioch Township and parts of Lake Villa Township and Old Mill Creek.

To win the nomination, the life-long resident will have to defeat incumbent County Board Rep. Judy Martini (R-Antioch), a long time friend and one time colleague on the Waterway Agency.

"I like Judy and admire a lot of the things she has done, but lately she has become a fence-straddler. She can't seem to make up her mind on tough questions, like voting present on the county budget. I would have voted no."

Blake also is unhappy with Martini over

her support of the implementation of the Controversial Uniformed Development Ordinance designed to end favoritism and confusion in the enforcement of county building and zoning regulations.

"Hasn't helped a bit," declared Blake, who owns W.D. Blake & Sons Inc., with his brother, Mike. The business was founded by their late father. The candidate and his wife, Ellen, are the parents of children age 19, 17 and 15.

Blake said Martini and fellow County Board members should approach the Building, Zoning and Planning Dept. with an eye to making the department more "use friendly." If elected, Blake said he would "open up the whole UDO ordinance and look at needed changes."

The county has a reputation for being "too stringent" on development, in Blake's opinion. "I'm a lover of open space, but a certain amount of growth is good. I have sympathy for contractors trying to do business in unin-

corporated area."

Blake said Martini was "on the wrong side of the side issue" when attempts were made by the county to control control camp grounds, the bulk of which are located in Antioch Township. "Those people have to make a living," noted Blake who has interesting ideas on other facets of county government.

One of them is a plan to permit bow and arrow hunting to cull deer herds that have become a nuisance in Forest Preserves.

Blake described his approach to Forest Preserve activities, of which County Board members have oversight as district commissioners, of "reigning in" aggressive staff members. He described development of a new golf course at Ft. Sheridan Forest Preserve as "way out of bounds."

"One thing about Wayne Blake," the candidate grinning. "If he's elected you know where he stands—always."




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EDITORIALS

Respected agency keeps getting better

Elected officials show uncommon good sense when it comes to dealing with flooding and dealing with problems of getting rid of storm water. They wisely defer to the Stormwater Management Commission which coordinates the storm water activities of more than 90 jurisdictions in Lake County.

SMC has compiled a remarkable record over the years providing technical assistance, local knowledge and problem-solving skills to reduce flood damage, prevent flood hazards, enhance water quality and provide natural resource protection.

The county-wide agency is tax supported, but in reality receives precious little tax money to carry on its far-reaching projects. What SMC does, and does extremely well is leverage grants and in-kind contributions to protect the populace residing in four separate watersheds—Fox River, DesPlaines, Lake Michigan and north branch of the Chicago River.

If only other county agencies have the respect and support of municipal government that SMC has. But that's another story. The agency is operated by a relatively small staff of professionals and directed by elected officials drawn from the Lake County Board and various villages and cities. County Board Rep. Steve Mountsier (R-Barrington) currently serves as chairman. Green Oaks Mayor Tom Adams is vice chairman. Grayslake Mayor Tim Perry is treasurer and County Board Rep. Bonnie Thomson Carter (R-Inglewood) is secretary. There are eight commissioners, each with an alternate.

Hardly a corner of the county is untouched when it comes to SMC activities. No project is too small for the agency to tackle. Certainly, when your backyard is underwater, getting rid of storm water is a huge project from the individual property owner's point of view.

Executive Director Ward Miller and his staff are "leverage wizards." They can take a \$1 in income and turn into more than \$8 in results. The SMC staff has an uncanny ability to turn every flooding or storm water headache into a success story. When the Fairfield marsh, a pristine wetlands and notable eco-system literally disappeared last August when a field tile broke, SMC marshaled the Village of Round Lake Heights, developers building homes in the area and private engineering consultants to restore water. Surrounding homeowners also pitched in to remove debris and help monitor the valuable marsh. The marsh story received national and international media coverage.

SMC has a full plate of work projects for 2004.

After some two decades of operation, SMC remains a signal success and an example of how various units of government and the public can work together for the common good. The best part is that SMC is getting better every day at the job of protecting against flooding and getting rid of potentially damaging storm water.

Illinois test: pocketbook heft

Apparently, the Democrats have their man. And their message. It'll be U.S. Senator John F. Kerry laying his Vietnam War record on the line vs. President George W. Bush, the well known National Guard pilot.

If that's the scenario that will play out in 2004, history says Democrats are playing a high risk game. The Wall Street Journal calls the approach "Kerry's Medals Strategy."

Republicans presented a U.S. Senator and decorated veteran in Bob Dole in 1986. He didn't get very far running against an expert communicator, smooth talker, centrist and former southern state governor. Talk about role reversal. The comparison is scary.

But the comparison can foretell the November outcome in presidential balloting. Americans almost always vote their pocketbooks, meaning that economic issues transcend everything else. In Illinois, voters ALWAYS vote their pocketbooks. What's in it for ME? What's he going to do for ME?

Presidential polling has the candidates on a roller coaster. By the way, whatever happened to Howard Dean? Illinois didn't even get to see him. Heck, with our primary system and the fact that we're a swing state, the only presidential contenders we see are on the tube.

Since 9-11, Americans homeland security and safety have taken on a whole new meaning. They have appreciated that the Bush A-team is in charge. If the economy keeps chugging along and new jobs are being created at a respectable pace, no stack of medals acquired more than 30 years ago is going to overcome a snug pocketbook.



WHO'S THE BIGGER BOOB?

VIEWPOINT

Look in mirror for tax spender

Rare is the locally elected official who can complete a term without having to pass judgment on a tax increase proposition, so relentless is the tax collector's pursuit for more and more dollars.

For members of the board of education in a community where demands of growth have been outstripping resources for years, the cycle for new tax increases runs 18 to 24 months, or so it seems. It's not surprising that many taxpayers feel in a perpetual state of tax and spend stupor.

At the local level, precious few officials worry about the ability of the tax paying public to keep up. Considering public support of the schools, both elected officials and hired education professionals tote up the bills and spread the needs. Economizing and putting in efficiencies to keep costs down is lost in union pressure for increasing salaries and meeting state mandates, not to mention keeping up with the onslaught of new rooftops.

Other elected officials like to take comfort in "holding the line on rates" knowing full well that unstinting growth in total assessed valuations in Lake County is producing an ever increasing revenue stream. Raise taxes? No. Raise revenues? Well, that's another story. Basically, if the money is available, it will get spent.

Policy makers in Washington, D.C. expend a lot of hot air (global warming?) on tax policy. Americans live with a yo yo effect. When Republicans are in power, federal taxes tend to go down. When Democrats are in power, taxes almost always go up. At least in the nation's capitol, there is a certain amount of fretting and stewing about the increasing tax burden shouldered by the average American.

Not so in our town. There's only



BILL SCHROEDER
Publisher

one direction for local taxes. Going higher. And higher.

Tax increase officials appear to be oblivious to the increased burden being born by Americans. In 1900 total taxes per household was \$1,900 (using constant 2000 dollars). In 1950, total taxes were household were \$11,000. In 1999, total taxes per household hit \$30,000. There's another way of looking at the burden as supplied by the Washington, D.C. based Tax Foundation.

Tax Freedom Day, the day when Americans pay their total year's tax bill, is charted. In 1900, that day was Jan. 20. In 1950, Tax Freedom Day was March 29. In 1993, the red letter day was April 20. In 2000, Tax Freedom Day was May 1.

Conservative talk show host Sean Hannity pointed out that during the Clinton-Gore years, the federal tax burden alone grew 45 percent, from an average of \$4,625 to approximately \$6,690. Factoring in local taxation, where public education gets an estimated 75 to 80 percent, it can easily be seen that the breaking point has been reached. "The cold truth is that the American taxpayer is being abused and plundered by his own government," Hannity wrote in "Let Freedom Ring."

We get plenty advice about how to deal with the tax burden on the

federal level. What of local taxes? In short, they are controlled by the persons put in local elective offices. Schools. Villages. Townships. Park boards. Library boards. Your next door neighbor. The person down the street. The people you elect to represent you. Do they believe in lowering taxes? Doesn't look like it.

There's another way to deal with rising taxes, unless you're that rare bird who gets a hoot out of paying more and more. Look in the mirror. Great place to start.

Book reviews

Drawing on family history, a former Antioch resident has written a book winning warm reviews in the Scandinavian press. "America's Backdoor" by Vern Homes traces the adventures of seven-year-old Erick Holm from 1880s Sweden and his struggle to start a new life in America. Writing as Vernon Alfred Holms, the author touches on a compelling topic in today's news: illegal immigration when the Upper Midwest was settled. Early reviews were handled by "The Vasa Star," the only Swedish-American magazine published in the U.S., and Finlandia University, a publication of the only Finnish university in America. Holms now is a resident of Spooner, Wis.

One man's family

Long ago, I learned the wisdom of selecting early the perfect Valentine. Shopping at the last minute, I had to settle for a greeting designed for "My Favorite Aunt." The only card left in the rack. Foolishly, I thought I could pass the card off as a joke. Not funny. My beloved and I survived that trauma, but I never forgot. So it's been hearts and kisses bestowed early ever since on the biggest greeting card available. Happy Valentine's Day sweetheart.

COMMENTARY

Schools trying to keep status quo

By JEAN MACKOWIAK

Voters have a very important decision to make that will affect the lives of the children who live in our communities. Many school districts will be asking for more tax dollars from homeowners on March 16. Before making this decision, please take the time to educate yourself.

Schools are in this financial position because of the way they are funded, not because of the misuse of funds. School finances are

very different than the finances of other businesses. Since 1992, school districts in Lake County have only been able to increase taxes by 5 percent or the Consumer Price Index, whichever is lower. Schools are entities that provide a service; they teach our youth. In a service industry, the highest cost of operation is the employees—the people who provide the service. The same holds true with schools. School budgets operate with different funds and strict requirements. For instance, if there is an excess of money in a building fund it cannot

be used to pay salaries. Teacher salaries are paid from the general education fund.

In business, many companies use the principles of supply and demand and prepare accordingly. In contrast, schools must "supply" an education and the "demands" of an increasing population make it difficult to keep programs that have been the standard or norm in the past. With such a large amount of growth, students are pouring into our schools. The schools are

Please see COMMENTARY / B5

PARTY LINES

PARTY LINES, THE LAKELAND NEWSPAPERS' COLUMN OF POLITICAL OPINION, IS PREPARED FROM STAFF REPORTS.

Playing the game—politics and business

Jim Oberweis, candidate for U.S. Senate, and **Brian Gutraj**, running for a Lake County Board nomination, look like they're using the same play book. At least the page that says combining their business life with a future in politics makes sense.

Some Republican opponents say Oberweis raises ethical issues with heavy advertising for his dairy company while seeking public office. Gutraj, a certified public accountant, won't hurt his name recognition with a mail piece advertising his tax services.

A few sharp-eyed political observers have noticed that Oberweis Dairy has home delivery in suburban areas the candidate will be counting on for votes March 16. Good business. Good politics?

Saving soil

Third Lake Mayor **Donna Golchert** is asking residents to pay close attention to a study on erosion control. Village officials are looking at placing deep rooted plants to control loss of soil for lakefront homes. The village has earmarked \$19,000 for erosion measures.

Mike likes green

State's Atty. **Mike Waller** has his



Waller:
Going for green
at pre-election
party March 4.



Carter:
Sowing the
seeds for
re-nomination
March 16.

friends and supporters checking their closets for green garb to be properly attired for his St. Patrick's Day celebration Thursday, March 4. There's an aura of mystery about the shindig at Country Squire. The date was set with the provision that details will follow.

Skinner connection

Steve Skinner and **Nancy Skinner**, March 16 primary candidates, are not related. Steve is running unopposed for a nomination for the Lake County Board. Nancy, a

broadcaster, is among the large field of candidates seeking a nomination for U.S. Senate. Both are Democrats. Steve is a resident of the Round Lake area.

Big spender

Political observers say **Bob Depke** is prepared to spend a similar amount in the March 16 primary to the \$54,000 he shelled out when upset in 1996 for a Lake County Board nomination by **Al Westerman**. Winning Westerman spent \$9,000 in voting that shocked the county. In his comeback attempt, Depke is opposed by **Larry Leafblad** and **Brian Gutraj**.

Wins fellowship

Lake Forest resident **Cheryl Johnson** has been awarded a fellowship to the Class of 2004 in the Illinois Lincoln Excellence in Public Service Series. Founded in 1993, the Illinois Lincoln Excellence in Public Service Series is dedicated to the training and mentoring of Republican women throughout the State of Illinois. Over 150 women have participated in the program.

Cheryl is currently the executive director of the Lake County Republican Federation. In addition, she serves as an officer on the board of The Lake County Boys and Girls Club and the Lake Forest

Lake Bluff Women's Republican Club. She plans on utilizing her bilingual skills to promote outreach in local Hispanic communities.

Flower lady

County Board District 5 (Fox Lake/Ingleside, Wauconda) may be sprouting distinctive blue flowers this spring. County Board Rep. **Bonnie Thomson Carter** (R-Ingleside) is handing out packets of Forget-Me-Not seeds, ready for planting after the danger of frost is past, but not before primary election day, March 16.

Learning the county

As part of his campaign for Congress, Democrat **Lee Goodman** is getting a working knowledge of entire Lake County, not just the parts in the 10th District where he hopes to unseat incumbent **Mark Kirk**. Goodman is a resident of Northbrook.

Working day

President's Day, Monday, February 16, a holiday for U.S. Congressman and the nation, will be a working day for incumbent Congressman **Phil Crane**, who has a heavy schedule of appointments in the 8th District where he is protecting his seat.

LETTERS TO THE EDITOR

Find study cost

Unfortunately for the people of District 1, our current County Board representative is guilty of nonfeasance (not looking out for our best interest). The Lake County Storm Water Management Commission conducted a study that recommended Sequoit Creek watershed levels be raised on the floodplain maps. The ramifications for Antioch's Industrial District, which the creek runs through, would be catastrophic. Flood insurance would be necessary, property values and resale values would be affected.

Wisely, the Village of Antioch hired an engineering firm and found the study to be flawed. My question is simple. How much taxpayer money was spent on the first flawed study? Is the county going to reimburse Antioch for this unnecessary waste of time and money (\$10,000 village expense)? How many other mistakes have been made by our county's efforts to improve our quality of life?

Anita Merkel Dyer
Candidate Lake County Board District 1
Antioch

Officials slandered

Our school district was faced with many "stormy" seas entering into the 2002-2003 school year when I decided to join the ranks of public service with my oath of office last April. A few months into my elected posi-

tion, our school board became the target of a "community" group that publicly proclaimed their intention to unseat board members and the superintendent.

Slender and vicious character assassinations ensued. None of them were true. The crime: Taking the oath of office and voting in a manner that was honest, informed, and would benefit the children and community. No hidden agendas. Unfortunately, this community group was started by two current and two past board members. It is a breach of the community's trust to serve on any board while serving on an opposition group to that board at the same time.

Conflict of interest, breach of oath of office and its code of conduct is dishonest. I challenge our community to ask this group why they engage in untruths, defamation and slander.

Diane Hanson
Lake Villa

Myth of self reform

Stagnation in student achievement over the past two decades has taken place during a period that saw massive increases in spending, per pupil expenditures grew from \$4,810 to \$7,079, paid for by taking an increasing percentage of the earnings of all who work and earn. During this time we also saw a rise in teacher salaries, and a reduction in the number of students per teacher, from 19-to-1 to 16-to-1, too. The facts were collected by the American

Legislative Exchange Council's Report Card on American Education: A State-By-State Analysis, 1980-2002.

There is no correlation between spending and achievement, or in total between education inputs and education outputs. Alternatively, study by the Insight Education & Research Institute and the U. of Massachusetts finds that in spite of teachers inflating grades and sending mixed signals about testing, the results are that by testing the stakes are raised and that high school students have responded in a positive manner.

Isn't it time we recognize that the progressive form of education ideology, employed in a public school monopoly, will never reform itself, only drain us of more and more of our earnings. Instead let's move to replace it with by getting back to the programs that worked with more parental choice and control along with what works everywhere else, competition.

Kim Rogalin
Wheaton

Business as usual

Am I to understand that Wayne Blake has family members that are not supporting his bid for Lake County Board District 1? I guess Mark Ring was right when he said Anita Merkel Dyer is the only alternative to business as usual on the county board.

Victor Rioux
Antioch

Support new tax

Please vote yes for the District 46 Education Fund rate increase. Here is why.

With the failure of our last referendum and our subsequent election of an almost completely new school board to make sure our money is spent wisely: 43 staff have been laid off, class sizes have increased, art and music have been reduced, and budgets for supplies, staff development, library books, and equipment repair have been slashed or eliminated. Our teachers are paid below average, we spend less money per student than average, yet our students score above the State average in standardized testing. That is quite an accomplishment.

At some point though, it will be time to pay the piper. If we fail to pass the upcoming referendum, our school board and administration have informed us that the school day for the children of our community will end early (1-1:30 p.m.) with NO lunch, music, or art. Can you imagine that? Most of the people I talk to ask if that is even legal. There is no question that our elected leaders have let Illinois families down. The tax cap calculations are a good idea but are in desperate need of modifica-

tion. Unfortunately, without more pressure, the situation is not going to improve. Please educate yourself on this issue and vote in March.

Bill Soucie
Grayslake

'Constituent Services' example

I am a college student from Round Lake Beach. I recently read about an opponent to State Representative Robert W. Churchill who criticized his constituent services. I would like to shed some light on this important issue as I have experienced first hand.

I believe that Representative Churchill is a guiding force within our communities. As an example, when I was working at a local fast food restaurant this summer trying to earn money before the start of college, I ran into a huge problem when I informed my employer that due to college I would be unable to continue my employment. The employer refused to give me my last paycheck.

After beginning school and getting nowhere with the employer for weeks, I finally called Representative Churchill's office and asked if he could help me. I was completely shocked by the response I received. Not only did he immediately call the employer, but he also sent a letter to the place of business explaining that it was unlawful to withhold my paycheck.

In just over two weeks he was able to get me the money that I earned. If this isn't an example of providing "constituent services" then I don't know what is.

Edward Vrtis
Lake Forest college

Children deserve a well-rounded education

In District 46 (Grayslake and Round Lake schools) at Woodview Elementary important programs such as art and music were slashed due to last year's failed referendum and that this year, if the referendum fails, the cuts would be devastating.

At the K-4 level, music and art will be eliminated and the classroom teacher will teach Physical Education. Children will have a shortened day of five hours of basic requirements. The teachers do a wonderful job to create a fun learning environment. However, without a variety, like music and art, I fear the children will become disinterested with a monotonous day of bookwork. Music and art provide an opportunity to create and express their true inner self.

Sharon Wold
Grayslake

FROM PAGE B4

COMMENTARY

becoming overcrowded. Class sizes are rising. School boards are finding it necessary to cut valuable fine arts and sports programs in order to use their salaries to pay for the teachers who teach the basic education curriculum mandated by law such as: reading, writing, math, science, and social studies. When a school district has only a set amount of money in the budget, they are forced to concentrate on the basics and nothing more.

What does this mean to a child? If you were a child, would you like to go to a school without the arts? Those of you who have children, think about the pride in their eyes when they are performing in a band concert; showing off a picture in an art show, or scoring the winning goal. These programs teach students perseverance and teamwork. It is difficult to believe that the youth of our communities will not be able to participate in these school activities if referenda fail.

What does this do to a community? Prospective home buyers evaluate the schools. A strong school system draws peo-

ple to the communities that it serves. Because of this, home values remain high. Realtors even advertise the school districts in their ads. Once the school system does not offer a well rounded education to our children, people begin to look for alternative school districts. The homes are no longer sought after and home values tend to decrease.

Schools cannot effectively operate in a deficit; yet students must continue to be educated. In Illinois, the schools' main operating budget is derived from property tax dollars. It takes the entire community to educate our children. Did you know that in School District 34, the taxes from a \$200,000 home educate only 1/4 of a child? We have an obligation to our youth, our future. Please look out for them, and give them the opportunity to grow in all areas. They deserve it.

Editor's note: Jean Mackowiak is a teacher in School District 46, Grayslake. She is a parent in Antioch School District 34. She resides in Lindenhurst.

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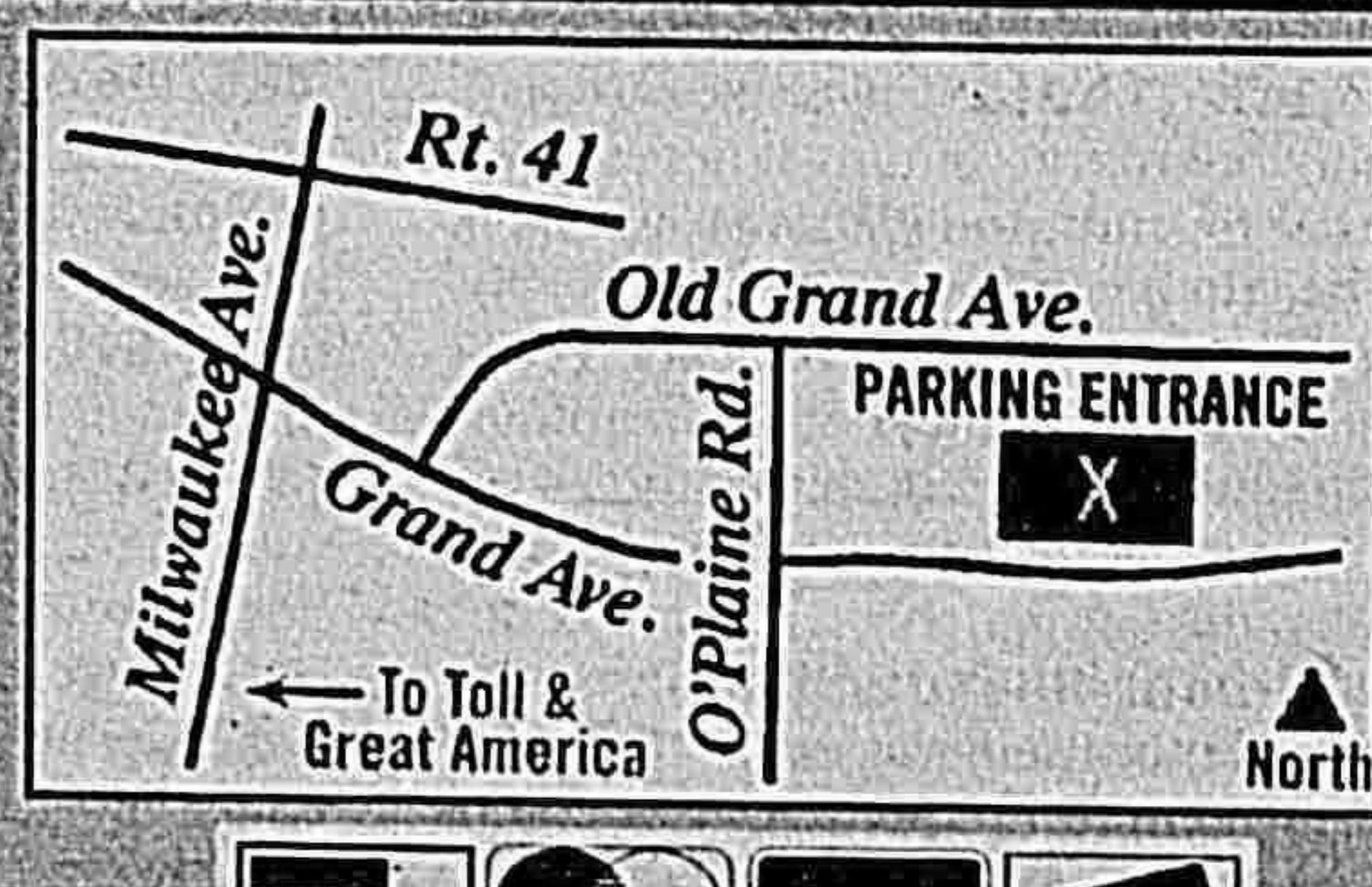
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FROM PAGE B1

GRASSROOTS

ty, 25-cents will be collected for a new account specifically designated for funds to be used to ease traffic congestion and road improvements on county and state roads.

"You will be able to clearly track what was spent," said County Administrator, Barry Burton. "Everybody says they don't want a shell game. We set it up where you can't do that."

County officials are getting the word out as to what the sales tax will mean to residents.

Over 80 presentations have been scheduled throughout the county to explain the tax and answer questions as to how residents will benefit from it.

The tax will not apply to groceries, prescription drugs and retail sales of cars or boats.

Through bonding and leveraging of state and federal funds, major projects can begin soon.

Revenue will be used for

intersection improvements, traffic signal synchronization and road widening throughout the county. Funds will be used for new projects, not for current projects.

Suzi Schmidt (R-Lake Villa), president of the Lake County Board, said that approximately one-third of the tax will be collected from non-residents.

Schmidt, who has been giving presentations along with Transportation Division Director, Marty Buehler, explained that the money will not be used for building new roads.

"We're going to go where the problems are," she said. "Our projects are really going to be getting to the congested areas."

An added benefit will be the increased number of jobs in the county resulting from the construction projects the sales tax money will support.

Veterans talk about jobs, information, health care

Job security, more information for families, and transportation to health care facilities topped the concerns voiced by McHenry County veterans at a Jan. 29 meeting of the Senate Republican Task Force on veterans. State Sen. Adeline Geo-Karis (R-Zion) chaired the meeting, which was hosted by Senator Pamela Althoff (R-McHenry).

This was the fourth of six hearings by the Task Force, which is reviewing concerns of Illinois veterans and enlisted military personnel.

"We are going to get to the bottom of a few things—believe me," said Geo-Karis, who serves as Task Force chairman.

Already the Task Force has taken several issues to Illinois Congressmen, including the need for more federal funding for veterans health. Just last week, Congress approved a 12 percent increase for veterans health care.

"Some of this funding will come back to Illinois and help improve health care services for local veterans," she said.

One concern of McHenry County veterans was the lack of information for families of deployed military personnel. While the assistance is available, many of the families simply do not know about it.



Geo-Karis:
Calls for greater awareness.

Another concern was that employers do not understand what they can and cannot do regarding returning veterans. They fear that jobs will not be held for those returning from Iraq and that civilian employers look for ways to fire military personnel rather than cope with time away for military service. While this is illegal, the veterans feared that some employers do not understand the law.

Geo-Karis indicated the Task Force would look for ways to educate veterans, their families and employers on both issues.

Finally, transportation to veteran health care facilities as an eminent concern. With the McHenry Veterans Clinic closed to new clients, many veterans have to go to North Chicago, Maywood and even Rockford treatment. They want assurance that adequate transportation will be available for veterans who cannot make those trips alone.

Other concerns included faster and more accurate processing of claims, nursing care, cost of military license plates, and staffing of Illinois Department of Veterans Affairs regional offices.

The next hearing will be held Saturday, Feb. 21 at the DuPage County in Wheaton.

Sheriff's citizen police academy is still taking applicants

The Lake County Sheriff's Office is looking for participants for the Sheriff's Citizen Police Academy. The sheriff has graduated two classes from the academy and is scheduled to begin a third one in early March.

The 30-hour block of instruction was developed to further enhance the lines of communication between the public and the sheriff's office. Participants are required to attend 10 three-hour classes that address a wide range of issues that local law enforcement encounters on a daily basis.

According to Sheriff Gary Del Re, "The goal of the Citizen's Police Academy is to further the public's awareness of the day-to-day opera-

tions of the sheriff's office. It is our sincere hope that those who participate in this program graduate from it with a better understanding of how law enforcement serves the public."

Interested people should be at least 21 years of age, a Lake County resident and have no felony convictions.

An academy application can be picked up at the sheriff's office, at 25 S. Martin Luther King, Jr. Ave. in Waukegan or one can be downloaded from www.co.lake.il.us/sheriff.

For questions regarding the Citizens Police Academy, contact Deputy Michael Gregory of the Sheriff's Community Service Division at 847-377-4211.



Members of the newly-created Lake County Residents for Traffic Relief gather for their grand opening.

The tax was proposed after a Lake County poll indicated that about 70 percent of residents polled said the number one problem in the county is traffic congestion.

The March referendum will cap a three-year effort to convince the governor, the state legislature and Lake County voters of the need to do something about traffic congestion.

"I think we have to work very

hard to get the message out," Eckmann said. "Hopefully, when people are well-informed they will make the decision to vote 'yes.'"

More information about the proposed sales tax can be found at the Lake County Residents for Traffic Relief's website at www.lake-trafficrelief.com and the Lake County government website at www.co.lake.il.us.

PREGNANCY

teenage mothers and prevent subsequent pregnancies, Garrity said.

Six other county health programs enlist the help of teenagers who are designated by teachers to have leadership capabilities.

These teens learn about pregnancy prevention and become peer educators to teach others, Garrity said.

Karen Morfitt, executive director of Tri-County Pregnancy & Parenting Services, said she has not seen a drop in the number of pregnant teenagers contacting her organization.

Tri-County Pregnancy & Parenting Services is a non-profit pregnancy resource center with offices in Grayslake and Crystal Lake.

The organization provides free pregnancy tests, options counseling, where teenagers can discuss parenting, abortion or adoption, and "Prep 4 Life," which helps pregnant teenagers learn about caring for infants.

For eight years, the percentages of teenagers mothers have declined, which is a trend state officials would like to see endure, Schafer said.

"There's still work to be done and we would like to see this trend continue; hopefully it will," he said.

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Natural gas prices up nearly 50 percent

By H. Josef Hebert of The Associated Press

WASHINGTON—Residential heating costs, already expected to be higher this winter than last, could take another jump after natural gas prices soared by nearly 50 percent within the past three weeks.



Recruits get basic Fire Fighting instruction at Recruit Training Command Great Lakes. NPSAC is a two-week reservist boot camp taught by RTC's Recruit Division Commanders and staff.—Photo by Mike Womer, Great Lakes Bulletin

Some traditional training is given 'boot' by Navy

By RHONDA BURKE
Great Lakes Bulletin

Improvements made to the Navy's basic military training curriculum for enlisted sailors will allow the training to be delivered in 60 days versus the current 63-day cycle. The curriculum changes were recommended after extensive study of the current training processes by the staffs of the Recruit Training Command (RTC), Naval Service Training Command (NSTC) and Naval Education and Training Command (NETC), which are the Navy's top trainers and curriculum architects. "We are confident that we can provide the high quality, basically trained Sea Warrior that the Fleet requires in a 60-day curriculum cycle," said Rear Adm. Ann E. Rondeau, Commander, Naval Service Training Command, who is responsible for 98 percent of the Navy's accessions training programs for both officer and enlisted personnel.

This decision was based on a thorough review of the curriculum, including improvements that have resulted in increased training opportunities for recruits. Additionally, infrastructure improvements to the Recruit Training Command are creating a more training-centric campus that eliminates unnecessary marching and waiting time, and allows an opportunity to recoup some training hours while increasing the quality of the training.

"In addition to our responsibility to recruits to effectively prepare them for the Fleet, we also have a responsibility to continually reevaluate our processes to ensure they are the most efficient and cost effective possible," Rondeau said. "This decision is both good for the Navy and our Sailors, as well as for the American taxpayers."

The time-savings will be accomplished without a reduction in training curriculum from the current boot camp model. In fact, the curriculum will actually be expanded based on recommendations from the Board of

Advisors (BOA), a group of 15 Fleet and Force Master Chiefs who evaluate the basic military training curriculum on a semi-annual basis.

Much of the time savings, approximately 60 training hours, has resulted from the elimination of Service Week, a week in which recruits routinely worked in galleys, administrative spaces and various grounds-keeping duties for a five-day period.

This portion of boot camp was eliminated from the curriculum in October 2003, based on the recommendations of the BOA. These training hours have been refocused to include additional time for live fire weapons training, computer training, swim remediation, mentoring, and special medical and dental screening.

Additionally, more than 45 training hours are projected to be recouped, through the elimination of transit time as the new self-contained barracks facilities are completed as part of a 10-year recapitalization program for Recruit Training Command. The new barracks facilities contain classrooms and galleys for meals, eliminating the need for recruits to transit between central classrooms and eating facilities during the day.

The reduction in training days has also been made possible through improvements in teaching methodology used to deliver traditional Navy core curriculum lectures on topics such as seamanship and heritage. Through the use of technology in the new barracks classroom facilities, which are equipped with individual computer stations, the lectures being presented to today's recruits are much more visually impacting and interactive than the traditional lecture format in use for many years.

The Navy looks to save about \$20 million annually due to these changes, based on the daily cost of training recruits as well as the manpower costs of the RTC Staff. The Navy is expected to train 40,000 enlisted recruits in 2004, comparable to the number trained in 2003.

The first recruits to be trained under the new curriculum reported to boot camp in January.

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YWCA seeks nominations of outstanding women

Each year, for the past 25 years, the YWCA has recognized outstanding women in Lake County at the YWCA Women of Achievement Awards Benefit.

Again this year, the YWCA will be honoring women who have achieved the highest standards in the areas of Arts, Business, Community Volunteer, Education, Entrepreneurship, Professions, Public Service, Racial Justice and Science & Technology.

The YWCA asks you to celebrate the accomplishments of an outstanding woman you know by nominating her for the award. She could be the teacher who inspires the love of learning in her students, the co-worker whose vision and energy enhances your workplace, the neighbor who enriches your community through her volunteer efforts.

The Science & Technology award is new this year and has been added to recognize women who have advanced the fields of science and technology (such as medicine, engineering, and technology-related careers) through research and development.

Tied directly to the mission of the YWCA, the Racial Justice Award recognizes a Lake County woman who has shown dedication by actively working toward the elimination of racism in any and all of its forms. The YWCA of the USA pioneered racial justice work and was active in the passage of Civil Rights legislation. Walgreens is this year's sponsor of the Racial Justice Award and will be at the Awards Ceremony on May 7, at the Marriott Lincolnshire Resort to present the

YWCA elects board of directors

The YWCA of Lake County elected new board members at its annual meeting. New board members will serve a three-year term; they are: Lucretia Bailey, president, Chicago Council on Urban Affairs; Ila Bauer, Round Lake Park mayor; Gwen M. Gaines, Lyons Math and Science Junior Academy assistant director; Patricia Keegan, Condell Health Network executive vice president; Roneida Martin, Martin & Martin Marketing Co. president; Joanne Osmond, owner of The Vision Tree; Angelica D. Semler, C&M Auto Services director of PR & Marketing; Paru K. Sharma, M.D., Internal Medicine; Kathy Weber, Cardinal Health's director of operations and Anise D. Wiley-Little, Allstate Insurance Co's Director of Compensation.

award to the winner.

Nomination forms are available at the YWCA of Lake County, 2133 Belvidere Road, Waukegan, IL 60085 or by calling 847-662-4247. You can also download a nomination form at www.ywcalakecounty.org.

Completed nomination forms and background materials must be received at the YWCA office by Feb. 20.

Kirk to give update at luncheon

Congressman Mark Kirk will give a legislative update at the Lake County Chamber of Commerce Feb. 19. Forward Luncheon sponsored by State Line Business Monthly.

The luncheon will be held at the Illinois Beach Resort and Conference Center in Zion.

Registration and networking will begin at 11:30 a.m. with the luncheon beginning at noon.

To register for this event contact the Lake County Chamber of Commerce at 847-249-3800. The cost to attend is \$13. Registration is required.



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garoupa with vegetable; and string beans in XO sauce (a flavorful mixture of dried scallops dried shrimp and various spices). Szechuan & mandarin specials are also still on the menu, as well as Korean, Thai and Vietnamese specialties. American fare is also planned for the not too distant future and lunch specials are still a bargain at only \$4.75. China Court is located in the Mundelein Commons, just a few doors down from Dominick's. Phone 847-566-8363 or fax 847-566-8910 for carry out or delivery. Hours are Mon.-Thurs. 11-9; Fri.-Sat. 11-10:30; Sun. noon-9. **China Court, 1135 W. Maple Ave., Mundelein. 847-566-8363**

China Court

When Mundelein's China Court had its grand reopening Dec. 11 last year, it not only had a brand new look, but two new partners as well. Joining seven year proprietor Gui Lin were his nephew Zhen Lee, who worked with his father's restaurant in Vermont and Chef Jiang Huane, who brought his formal Cantonese fare from the restaurants he worked for in California. The merger has brought not only brought a fresh new look, with linen table cloths and napkins set in a comfortable family setting (previously China Court was carry-out only), but also a new menu as well. Among the new favorites are authentic Cantonese dishes like seafood with tofu in a casserole; stir-fried filet of

Country Squire

Dancing will be served with dinner on Valentine's Day at the 2nd Annual Sweetheart Dinner Dance at the Country Squire in Grayslake. The Feb. 14 ballroom party includes hors d'oeuvres, a seven-course filet mignon, prime rib or shrimp brochette dinner with wine, one drink per person and a flower for the ladies. Music will be rendered by the five-piece Scotch Lads band. Price is \$39.95 per person, plus tax and tip. For those who prefer more intimate dining on Valentine's weekend, full menus are available for the dining room and bedroom suites of this former Sears Mansion, surrounded by acres of natural beauty. Call for reservations. **Country Squire, Route 120 at Route 45, Grayslake. 847-223-0121**

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Galati Pizza

For 14 years, two brothers from the island of Sicily have been dishing up food to the area. Frank and Joe Galati opened their business in a strip mall down the street from their current location. Their restaurant offers a few seats inside, pick-up and delivery service, as well as outdoor seating in the summer.

Every pizza at Galati Pizza is custom-made from the freshest ingredients and baked to a golden crust. They are the "home of the 30-inch football pizza." Italians are known for their love of food and the Galati brothers are no exception, placing the highest standards on quality and freshness. Even the most finicky eater can find something on the menu to satisfy their taste. Order today! Galati's Pizza, 133 E. Main St. (Route 134), Round Lake Park. 847-740-4222

The Grille Room

The Grille Room is new to the area. The Antioch Golf Club has been keeping golfers happy for years. Now the Grille Room will

serve not only the golf enthusiasts, but anyone who enjoys dining out. The warmth you will feel in this dining atmosphere will be an experience well-remembered. The Grille Room and Banquet Tent can accommodate parties of all sizes, so come on out and enjoy the food. The Grille Room, Grass Lake Road and Route 59, Antioch.

Longhorn Steak & Crab Shack

A premier location for quality fresh seafood, steaks and chops. Their specialty is fresh flavorful crab legs & claws served in a pleasing fashion. Snap and eat crab, fresh oysters, clams and premium seafood will set this restaurant aside. Baskets of buns, huge margaritas and specialty dishes will accompany your menu choice. Outdoor as well as indoor dining will be available (weather permitting). Eat indoors and view Lily Lake or dine on the shores itself, listening to music, sipping out and drinking beer in a bucket. Fun! Fun! Fun! For all ages including kids. Steak and shake pizzas are creative and undoubtedly good! Sunday Brunch is served from 10 a.m.-1 p.m., featuring all-you-can-eat prime rib and peel-and-eat shrimp. Eggs and omelettes are made to order. Eggs Benedict, sausage, French toast, biscuits and gravy, fried chicken, vegetables, salad, fresh fruit, a sweet table and much, much more. Call for more information or to make reservations. Longhorn Steak & Crab Shack, 615 W. Rand Road, McHenry. 815-385-9869

Marcomb's Steak House

Marcomb's Steakhouse was established in March 2001. They take pride in their top choice meat selections, as well as their homemade soups, appetizers & salad dressings. Everything at Marcomb's is made-to-order in the order in which it is received.

Continue on page B11

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Hot creamy melted Cheese, Fresh Spinach, Artichoke Hearts, baked bubbly! Served with warm tortilla chips	
CRISPY CALAMARI	7.95
Crispy Calamari, breaded & fried, breaded, fried golden brown. With Cocktail Sauce	
ZUCCHINI CHIPS	4.95
Very Fresh Zucchini chips, lightly dusted with seasoned flour & fried crispy Topped with Tomato, Mozzarella sauce	
FRIED MUSHROOMS	5.95
Fried mushrooms, breaded & fried in our Beer Batter & fried golden brown. Ranch dipping sauce	
ONION STRAWS	3.95
A mound of seasoned Panko breaded & fried golden brown. Ranch dipping sauce	
STUFFED SKINS	5.95
Crispy Potato skins loaded with Fresh Bacon & melted Cheddar Cheese Half order (1) 7.50 Half order (2) 3.95	
COMBO APPETIZER PLATE	12.00
Marinated Shrimp, Grilled Chicken, Bacon, Beer Batter Mozzarella Sticks, Crab Cakes, Zucchini chips, Beer Batter Mozzarella, Onion Straws Pasta 2 sauces, Ranch, Marinara, Cocktail, Honey Mustard, BBQQ	

SOUPS & SALADS

SOUP OF THE DAY	1.95 CUP 2.50 CROCK
CHEESY FRENCH ONION	2.75 CUP 3.75 CROCK
CHILI	2.75 CUP 3.75 CROCK
HAVE YOUR CHICKEN ONE OF FOUR WAYS...	
GRILLED	
CHICKEN CAESAR	7.75
Choice of four chicken, tossed with Romaine Lettuce, Ripe Tomatoes, baked Croutons, Ranch Dressing & homemade Caesar dressing	
CHICKEN COBB SALAD	7.95
Choice of four chicken, baked with Bacon, Lettuce, Tomato, Avocado, Chopped Egg, Bacon pieces & fresh Mushrooms. Served with choice of homemade dressing	
TACO SALAD	7.75
Choice of Four Tacos, filled loaded with a Lettuce mix, Cheddar Cheese, Black Olives, Tomatoes, Cilantro, Lime, Salsa, Sour Cream, Shredded Cheese & choice of tortilla	
FAJITA SALAD	Chicken 8.95 Steak 9.95 Shrimp 10.95
Mixed Salad Greens, topped with marinated Char-grilled Sirloin Steak or Chicken, Grilled Onion, Tomato, Green Pepper BBQ Ranch dressing	

PASTAS

HOME MADE LASAGNA	29.00	59.00
SPAGHETTI / MEATBALLS	24.00	45.00
BAKED MOSTACHOLLI	24.00	45.00
ANGEL HAIR ARRABBIATA	24.00	45.00
PASTA PRIMAVERA	37.00	74.00
SOUTHWEST CHICKEN PASTA	35.00	70.00
CREAMY CHICKEN PASTA	45.00	90.00
CHICKEN	HALF PAN 8-10 servings	FULL PAN 15-20 servings
CHICKEN LIMON	42.50	85.00
CHICKEN MARSALA	45.00	90.00
CHICKEN VESUVIO	42.50	85.00
CHICKEN PARMESAN	45.00	90.00
BBQ CHICKEN GRILL	32.50	65.00

**476 W. Liberty St.
Wauconda, IL 60084
Rt. 176, 1/8 Mile East of Rt. 12
(847) 526-0002
FAX: 847-526-6132**

Hours:
Mon-Thurs: 11am-1am
Fri-Sat: 11am-3am
Sunday: 11am-1am

Carry Out!

APPETIZERS	25 PCS	50 PCS
HOT		
CHICKEN FINGERS	26.50	52.00
HOT WINGS	26.50	52.00
CHEESE QUESADILLA	20.00	40.00
STEAK QUESADILLA	22.50	45.00
SHRIMP DEJONNEHE	55.00	100.00
BEER BATTER MUSHROOMS	26.50	52.00
POTATO SKINS	26.50	52.00
ONION STRAWS	10.00 (1/2 LB)	20.00 (1 LB)
ZUCCHINI CHIPS	20.00 (1/2 LB)	40.00 (1 LB)
SPINACH ARTICHOKE DIP	22.50 (1/2 LB)	40.00 (1 LB)
COLD		
SHRIMP COCKTAIL	45.00	90.00
BRUSCHETTA	32.50	65.00

TRAYS	HALF PAN 8-10 servings	FULL PAN 15-20 servings
CHEESE SPREAD W/ CRACKER	25.00	50.00
CHEESE CUBE W/ CRACKER	37.50	75.00
VEGGIE TRAY W/ RANCH	29.50	60.00
FRUIT TRAY	26.50	52.00

SALADS	HALF PAN 8-10 servings	FULL PAN 15-20 servings
CHICKEN CAESAR	32.50	72.00
CHICKEN CAESAR (BLACKENED)	36.00	72.00
CHICKEN COBB	32.50	65.00
CHICKEN COBB (BLACKENED)	36.00	72.00
COLESLAW	8.95	17.00
HOUSE SALAD	20.00	40.00
KIDNEY BEAN SALAD	7.95	15.00
PASTA SALAD	7.95	15.00
POTATO SALAD	8.95	17.00

POTATOES & VEGETABLES	HALF PAN 8-10 servings	FULL PAN 15-20 servings
FRESH SAUTEED VEGGIES	13.50	27.00
CANDIED CARROTS	7.95	12.95
GREEN BEANS (BUTTERED)	7.95	15.95
HERMEL CORN (BUTTERED)	7.95	12.95
STEAM FRIES	8.95	15.95

1/2 OZ. Q.T.

LOW FAT RANCH	3.75	8.75
1000	3.75	8.75
ITALIAN (BALSAMIC)	3.75	8.75
BLUE CHEESE	4.75	11.50
GARLIC	3.75	8.75
HONEY POPPYSEED	4.75	11.50
OUR FAMOUS BBQ SAUCE	3.75	8.75
OUR FAMOUS HONEY MUSTARD	3.75	8.75

BRING HOME OUR HOMEMADE SOUPS OR AWARD WINNING CHILI

QT. 12 OZ.

SOUP OF THE DAY 7.50

DUKE'S CHILI 8.75

BRING HOME OUR HOMEMADE SOUPS OR AWARD WINNING CHILI

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**LONGHORN
STEAK & CRAB
SHACK**

"THE SHACK SNACKS AND APPETIZERS"

Baked Clams de Jonghe on 1/2 Shell
Garlic, wine, mustard, spices and buttered bread crumbs top this favorite. (6) \$8.95 (12) \$12.95

Fresh Shucked Oysters on 1/2 Shell
Traditional style with lemon cocktail sauce and tabasco or bloody mary style with diced pickles, horseradish, drop of vodka, tomato juice and onion. Both styles refreshing and good... (6) \$8.95 (12) \$12.95

Snow Crab Cluster Bucket
Snap, crack, dip and eat a bountiful treat. Served with hot drawn butter. 1 Lb. for only \$14.95

Bucket of Fresh Mussels
Butter, herbs & garlic or marinara with garlic, tomato & basil \$8.95

Chilled Peel & Eat Boiled Shrimp
With lemon and cocktail sauce
Small Basket \$10.95 Large Basket \$15.95

Skewered Cajun Prime Rib Strips
Tender strips of prime rib skewered, blackened, broiled and served on a bed of rice with hot Horseradish Sauce \$7.95

Teriyaki Beef Tips On Brochette
Marinated with ginger and cooked to your liking. Served on a bed of rice \$8.95

Hot Spicy Buffalo Wings
Served with spicy honey mustard sauce and sliced red bell peppers. (6) \$5.50 (12) \$9.50

**LONGHORN STEAK & CRAB SHACK
SPECIALTY SANDWICHES AND BURGERS**

"Paul's Campfire Chili"
A bowl of tender chunks of grilled steak blended with a rich chili sauce full of rough cut onions, sweet peppers, celery, carrots and a variety of hot imported peppers. Served with oyster crackers. Add onion, cheese and sour cream... \$10.00
Bowl... \$3.50 Cup... \$2.50 With Salad Add \$2.00

Fiesta Days Prime Rib Sandwich
Feast on prime rib slowly roasted, sliced thin and stacked high on a fresh kaiser roll. Sweetened with red bermuda onions, a bit of horseradish and au jus. Stone ground mustard makes this a must! Served hot with spicy fries, cole slaw and a polish dill pickle. \$9.95 With salad add \$2.00

"Mom's Baked Ham in a Pouch"
Hot baked ham sandwich with swiss cheese and dijon mustard sealed and baked in an aluminum pouch. Served hot with spicy fries, cole slaw and a polish dill pickle. \$7.95 With salad add \$2.00

THE SHACK'S BLACK ANGUS BURGERS

The Original Trailburger
Served on a bun deluxe style. Lettuce, tomato, raw onion & pickle \$5.95

The Cheesy Trail
Served on a bun with choice of american, cheddar, swiss or mozzarella cheese. \$6.45

The Blue Burger
On dark rye with raw onion and our bleu cheese creamy topping. \$7.50

The Forest Burger
Topped with mushrooms and swiss cheese and served on dark rye. \$6.75

Add a salad bowl with any burger or sandwich... \$2.00

THE SHACK'S CHILLED CREATIONS

Black and Blue
Blackened sirloin sliced in strips laid upon a crisp caesar salad and topped with crumbled bleu cheese \$8.95

Grilled Peppered Salmon Salad
Peppered salmon flash grilled and layered upon a mixture of greens and chilled rice with vegetable garnish. Topped with a balsamic vinaigrette dressing. \$8.95

Spinach Salad
Fresh spinach with bacon, mushrooms, chopped eggs and diced onions. Served with warm bacon dressing. \$5.95
Add flaked tuna or diced chicken breast for... \$3.00
Add shrimp for... \$3.50

**ALL BASKETS SERVED WITH HOUSE COLE SLAW,
PICKLE AND SPICY FRIES**

Basket of Crisp Battered Fried Smelt
Served with coleslaw and fries. A sweet treat \$9.95

Chicken Ranch Sandwich Basket
Grilled chicken breast, red bermuda onions, shaved lettuce and ranch dressing on a kaiser roll. \$6.95

Jumbo Fried Pieces of Sweet Shrimp in a Basket
Everyone's favorite selected shrimp, extra large pieces, crispy on the outside and tender on the inside. served with spicy fries. Served in a basket \$10.95

Marinated Skirt Steak Sandwich Basket
On a crisp roll with lettuce, tomato, onion, served with fries. served in a basket \$10.95

SWEET THINGS

The Shack Family Split ...\$4.95
3 Flavors of ice cream rolled into 3 sweet crepes topped with hot fudge, strawberry sauce, whipped cream and a cherry. Enough to share!

Hot Fudge Brownie Supreme...\$4.50
Double chocolate brownie with vanilla ice cream raspberry sauce and hot fudge. Topped off with whipped cream. Awesome!!

Assorted Ice Cream Scoop ...\$2.25

Ice Cream Crepe A LA Cherries Jubilee ...\$4.50
Sweet crepes filled with ice cream and covered with hot bing cherry jubilee sauce. finished with whipped cream

Colossal Strawberry Shortcake ...\$4.50
Rich vanilla ice cream served over a baking powder biscuit covered with whipped cream and strawberries.

Assorted Sundaes ...\$3.25

Premium Flavor Coffee with Whipped Cream...\$3.50

Caramel Coffee

Raspberry Coffee

Hazelnut Coffee

Irish Coffee

Almond Coffee

Vanilla Coffee

**Prices Subject To
Change**

**SUNDAY
BRUNCH
10:00AM - 1:00PM**

FEATURING:

**AYCE Prime Rib & Peel & Eat
Shrimp**

Eggs & Omelettes Made to Order

Eggs Benedict

Sausage

French Toast

Biscuits & Gravy

Fried Chicken

**Vegetable
Salad**

Fresh Fruit

Sweet Table

& Much, Much More...

ADULTS \$13.95

CHILDREN 10 & UNDER \$8.95

UNDER 3 FREE

Reservations Please
(815) 385-9869615 West Rand Rd., McHenry, IL 60050
Located on Rt. 120, 3 Miles East of Rt. 31 on Lily Lake
Just 10 min. West of Grayslake

Continued from page B10

Please be sure to ask about their daily specials and recommendations for the evening. Sit back and enjoy the atmosphere, enjoy the excellent drinks and mouth-watering appetizers. If there is something dissatisfying about your dining experience, let your server or the manager know. They have enjoyed serving you at Marcomb's Steakhouse and with your comments or suggestions you can help them continue to serve you the best they know how. They hope that you will enjoy the food, drink and spirit! Marcomb's Steak House, Routes SA & AH, Camp Lake, Wisc. 262-889-2225

Moretti's Ristorante & Pizzeria

Located at the corner of Kings Road and Route 12, Moretti's is a newcomer to the Fox Lake area, but has been a time-honored neighborhood fixture in Chicago for over a decade. Specializing in Italian favorites and award-winning pizza, Moretti's prides themselves on the quality and value of their food. Every dish, from the homemade ravioli to the herb-crusted chicken salad, is available to enjoy in the restaurant or in the comfort of your own home. No matter how late you have a craving, Moretti's can deliver every item on their menu hot and fresh until 1 a.m. on Fridays and Saturdays. Not in the mood for pizza? Their extensive menu features a wide range of items including BBQ ribs, pasta, sandwiches, appetizers and dessert.

Having a party? Let them do the cooking! Pick up a Catering Express menu and they will deliver everything to your door. Or let them do the cleaning as well and have your party in their banquet room. Featuring a private bar and dance floor, it is perfect for groups from 20 to 160. Moretti's is open every day at 4 p.m. for dine-in, delivery or carryout. Moretti's Ristorante & Pizzeria, Kings Road & Route 12, Fox Lake. 847-973-1800 (restaurant), 847-58-PIZZA (carryout and delivery)

Restaurant Trivia

1. What is an Old English pudding made from suet pastry?

- A. Roly-Poly
- B. Crinkly-Dinkly
- C. Sticky-Picky

2. Carrots are native to what country?

- A. Russia
- B. England
- C. Afghanistan

3. "Stinkheads" might be on the menu if you travel where?

- A. Canada
- B. Alaska
- C. Iceland

Answers

1. A 2. C 3. B



206 SHERIDAN ROAD, WINTHROP HARBOR, IL

CARRY-OUT MENU

(847) 746-2020
FAX (847) 746-3590

APPETIZERS

CHICKEN TENDERS	\$5 3/4
Lightly breaded, served with honey mustard, bbq sauce, or ranch. Add buffalo wing sauce for 50¢	
TATO SKINS	\$4 3/4
Idaho bakers covered with Wisconsin cheddar, crumbled bacon bits and scallions served with sour cream	
STONE STRAWS	\$4 3/4
Thin cut strips of onion, red and mild jalapenos coated with a zesty batter, served with ranch dressing	
GRANDE JALAPENO POPPERS	\$5 1/2
Choice of cheddar or cream cheese	
CHEESE FRIES	\$3 3/4
A mound of our waffle fries covered with melted cheese, bacon bits and scallions	
GARLIC BREAD	\$3 1/2
Mariani covered with garlic butter, paprika and romano cheese. Add mozzarella cheese \$1.00	
GARDEN BASKET	\$5 1/2
Combination of breaded mushrooms, onion rings and zucchini	
CREEK COMBO	\$6 3/4
Jalapeno poppers, cheddar nuggets, mozza sticks and stone straws	

SOUTH OF THE BORDER

NACHO'S GRANDE	\$5 1/2
Our chips covered with cheese, lettuce, tomatoes and onions served with sour cream and salsa. Add taco meat or chicken \$1.00	
SANTA FE CHICKEN EGG ROLLS	\$6 3/4
Chicken, pepperjack cheese, jalapenos, red pepper and black beans wrapped in a tortilla and deep fried	

QUESADILLAS	\$4 3/4
Large flour tortilla filled with fresh white mexican cheese served with our homemade salsa and sour cream. Add chicken \$2.00 Add steak \$3.00	
CHIPS & SALSA	\$3
Chips made in house served with fresh homemade salsa	

Side of guacamole add \$1.50	
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SAUCES

CHICKEN CAESAR SALAD	\$6 3/4
Grilled chicken breast atop a bed of romaine lettuce with caesar dressing, parmesan cheese, croutons and a bread stick	
GRILLED STEAK SALAD	\$7
Tender cuts of grilled rib eye steak atop a bed of romaine lettuce with fresh mushrooms, bell peppers & red onions served with our house dressing and a bread stick	
TACO SALAD	\$6 1/2
A crisp flour tortilla with greens, cheese, green onions and tomatoes served with fresh salsa and sour cream with choice of chicken or taco meat	

CHEF SALAD	\$6 3/4
Fresh lettuce topped with turkey, ham, mozzarella and cheddar cheese sprinkled with bacon bits and croutons served with a bread stick	
STONE CREEK HOUSE SALAD	\$2 3/4
Large salad topped with croutons and your favorite dressing	

SIDE SALAD	\$1 3/4
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BIT & PIECES

Served with stoney fries

POPCORN CHICKEN BASKET	\$6 3/4
Bite size pieces of chicken breaded and deep fried	
POPCORN SHRIMP BASKET	\$6 3/4
Bite size pieces of breaded shrimp served with cocktail sauce	

RIID SAMPLER	\$7
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Pieces of our famous baby back ribs

OVER STUFFED POTATOES

CRAB POTATO	\$6 1/2
Large Idaho baked with crab meat, broccoli and melted swiss cheese	
VEGGIE POTATO	\$4 3/4
A blend of cauliflower, carrots and broccoli, hidden with a layer of pepperjack cheese	
CHILI POTATO	\$4 3/4
Large Idaho baked then filled with our famous chili and topped with wisconsin cheddar	

PIZZA SPECIALS

10" 14" 16"

STONE WORKS	\$11 1/4	15 1/4	17 1/4	THIN
sausage, mushroom, peppers, onions and bacon				
WHITE PIZZA	\$13 1/4	17 1/4	19 1/4	PAN
our famous crust topped with olive oil, fresh tomato, garlic, mozzarella and romano cheese				
TACO PIZZA	\$7 1/2	11 1/2	13	THIN
taco meat, cheddar cheese, lettuce, tomato and onion				
SMOKEHOUSE	\$10	14	16	THIN
Italian sausage, smoked pork ribs, pepperoni and bacon for the meat lovers only				
VEGETARIAN PIZZA	\$10	14	16	THIN
cheese, mushrooms, peppers, onions and tomatoes				
BBQ CHICKEN	\$11	15	17	THIN
mozzarella, cheddar, BBQ sauce, smoked chicken and red onions				
BLT PIZZA	\$7 1/2	11 1/2	13	THIN
meat, mushroom bacon, lettuce and tomato				

CHILDREN'S MENU

12 AND UNDER

GRILLED CHEESE WITH FRIES	\$2.95
BREADED CHICKEN WITH FRIES	\$2.95
ALL BEEF HOT DOG WITH FRIES	\$2.95
HAMBURGER WITH FRIES	\$2.95
PENNE PASTA WITH RED SAUCE	\$2.95
8" CHEESE PIZZA	\$3.25
WITH SAUSAGE OR PEPPERONI	\$3.75

COUNTY

Carry-Out Kitchen Hours

Monday - Thursday 11am-10pm
Friday & Saturday 11am-11pm
Sunday 11am-10pm

www.stoncreekgrill.com**SANDWICHES**

All sandwiches are served with fries, coleslaw and pickle wedge

Substitute soup or salad for fries - \$1

BIG DADDY BACON CHEESEBURGER \$8 1/2

1 lb. char-grilled sirloin topped with mozzarella bacon and cheddar cheese served on a hoagie roll

STONEY BURGER \$6 1/2

1/2 lb. of choice ground sirloin with bacon our bbq sauce and melted pepperjack served on an onion roll

CREEK STUFFER \$7 3/4

3/4 lb. of choice ground sirloin stuffed with cheese, chopped peppers and onions served on a hoagie roll

STONEY MELT \$6 1/4

1/2 lb. sirloin with grilled onions topped with american cheese and served on grilled light rye

PIZZA MOZZ BURGER \$5 1/4

Sirloin topped with mozzarella cheese and marinara sauce served on a hoagie roll

1/2 LB. BURGER \$6

Char-grilled sirloin served on a large hoagie roll

1/3 LB. BURGER \$4 3/4

Char-grilled sirloin served on a hoagie roll

TURKEY BURGER \$5 3/4

Ground turkey grilled and seasoned to perfection topped with lettuce served on a whole wheat roll

ITALIAN BEEF SANDWICH \$6 1/2

Seasoned just right and slow cooked served on a large french roll with mozzarella cheese

PRIMO ITALIAN BEEF \$7

Our Italian beef topped with sweet red bell peppers and mozzarella cheese served on a toasted garlic french roll

COMBO SANDWICH \$6 3/4

Italian sausage smothered in red sauce and topped with mozzarella cheese served on a french roll

ITALIAN BOMBER \$4 3/4

Italian sausage smothered in red sauce and topped with mozzarella cheese served on a french roll

STEAK SANDWICH \$7 3/4

Hand cut rib eye served open faced on light rye with grilled onions

ENTREES

Entrees include fresh bread, soup or salad with a choice of baked potato, mashed, garlic red mashed, fries, stony fries, rice pilaf or veggies

FROM THE SMOKER

OUR OWN BABY BACK RIBS

Slow cooked with our sweet and tangy bbq sauce

1/2 SLAB \$13 3/4 FULL SLAB \$18 3/4

SMOKED PORK CHOPS \$14

Two succulent center cut hickory smoked chops

HICKORY SMOKED BBQ CHICKEN \$10 3/4

In house smoked 1/2 chicken breast with our bbq sauce & grilled just the way you like it

STONE CREEK 20 OZ. T-BONE \$24 3/4

Grilled just the way you like it

NEW YORK STRIP \$18 3/4

Hand cut 12 oz. steak

TERIYAKI STEAK \$11 3/4

10 oz. strip steak served over rice with oriental stir fry veggies

MEATLOAF \$8 3/4

Our own meatloaf baked to perfection served with mashed potatoes and gravy

Add Mushrooms to Any Steak \$1.00

CHICKEN 'N' FISH

HONEY DIPPED FRIED CHICKEN \$10 3/4

6 pieces of juicy chicken deep fried and topped with a touch of pure honey

GRILLED CHICKEN BREAST \$11 1/4

Lightly seasoned boneless breast served over rice pilaf with steamed vegetables

Add Second Breast \$3.00

BREADED SHRIMP DINNER \$14

breaded fantail shrimp

Pizza 911

Pizza 911 is growing and expanding. Sometime in February, they will expand their dining room which will be bigger and better than their current location. In addition, there will be a party room, a game room and the Pizza 911 lounge! Open 7 days a week to serve you, call to place your order or get more information on booking their party room. Their new location is just two doors down from Lake Villa City Hall. And don't forget to order your Heart Shaped Pizza for that special someone! Pizza 911, 89 Cedar Ave., Lake Villa. 847-356-9111

Portofino

Lovers alert! Get ready to sweep your sweetheart off her feet when you take her to Portofino Italian Bistro's Special Valentine's Dinner, Friday-Sunday, Feb. 13-15. Live entertainment from 7-11 p.m. accompanies this romantic 10 wine, four-course dinner, all for just \$60 per couple. For starters, your sweetheart will be treated to an antipasti of fresh sea scallop wrapped with pancetta, served with asparagus, coupled with a wine from Veneto, Italy. The first course, primi piatti, features parpadelle pasta with Ubriaco di Aramone cheese, radicchio and onion, plus a white wine course, two from Italy and a King Estate Pinot Gris '01 from Oregon. For the main course, piatti forti, you will be served a petit filet in a Fragolo Clinot cheese sauce with Porcini mushrooms, plus a four red-wine course, including wines from Tuscany and Puglia, Italy and two California reds. Dolce (dessert) includes sfagliata di fragole (puffed pastry with fresh strawberries), accompanied by a dessert wine course, Nicole Mascato D'Asti '02 from Calmandrana, Italy. Make sure you make your reservations now for this romantic Valentine's Dinner for two. Portofino Italian Bistro, Vernon Hills. 847-680-4300

Rigby's Family Restaurant

A Lake County favorite since 1993. Rigby's specializes in home-made specials and soups (from scratch). Stop in and enjoy break-

fast, lunch, dinner or cocktails. Located 10 minutes west of Six Flags Great America in Lindenhurst. Open 7 days a week, Sunday-Thursday, 6 a.m.-10 p.m., Friday and Saturday, 6 a.m.-11 p.m. Gift certificates available and take-out orders are welcome. Come in and see why their motto is "The Friendship of Those We Service IS the Foundation of Our Progress!" Rigby's Family Restaurant, 1910 E. Grand Ave., Lindenhurst. 847-356-4440

Rosati's

Over 100 years ago, Frederic Rosati introduced his authentic Italian cooking style. Five generations later, the tradition continues, with numerous locations both privately owned and corporate. The Round Lake Beach location is privately owned by Lou Baratta. This location is not only known for its fantastic carryout and delivery menu, but also for its exceptional catering. From their table to yours, the food is hot and delicious. Try them today. Rosati's, 700 E. Rollins Road, Round Lake Beach. 847-740-1800

Seattle Sutton's Healthy Eating

To promote well-being and work towards better health, one should give their bodies nutritious foods, adequate sleep and exercise. Personal nutrition should at the top of the list in order to feel the best everyday. Seattle Sutton's Healthy Eating is a revolutionary meal program that has made national attention. SSHE has been featured in hundreds of newspapers, TV shows, radio talk shows and various publications including the journal of the American Diabetic Association. Founded in 1985 by Seattle Sutton, RN, BSN, Seattle Sutton's Healthy Eating follows guidelines established by health and nutrition experts and the American Heart Association to be analyzed on an ongoing basis ensuring that all nutritional requirements are being met. SSHE provides people with fresh, wholesome meals, not frozen or dried, 7 days a

Continue on page B14

LOOK GOOD AND EAT HEALTHY IN 2004

Nothing Like Having Your Own Personal Chef

Too busy to cook? With Seattle Sutton's Healthy Eating you get 21 freshly prepared meals weekly.

Tired of fad diets? Seattle Sutton's Healthy Eating is not a fad diet. You'll be eating what you should eat the rest of your life. The meal plan is low fat, low cholesterol, and sodium restricted.

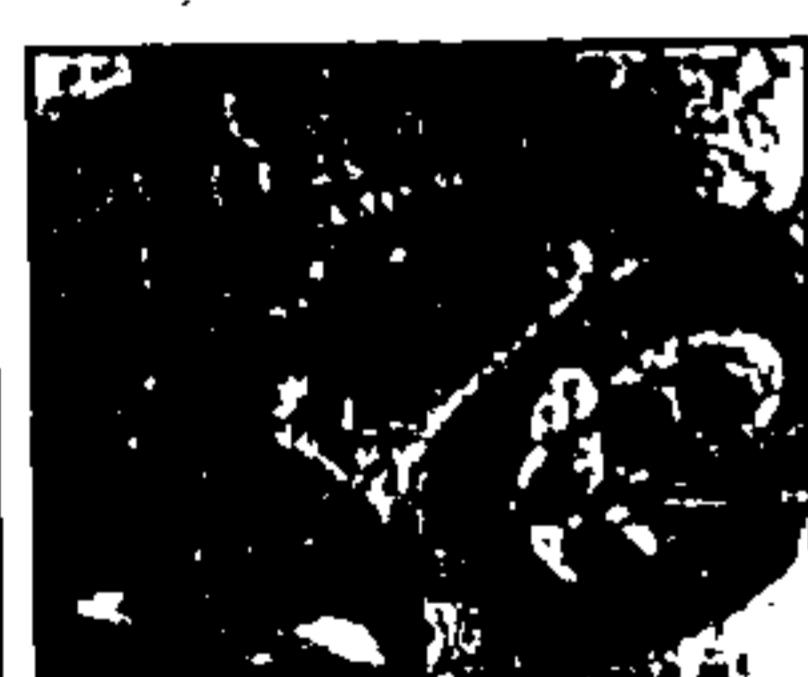
Don't like the taste of bland food? Seattle Sutton's Healthy Eating meals are freshly prepared, not frozen or dried. Five different weekly menus mean you only repeat meals 10 times a year.

Tired of calories or carbohydrate counting? With Seattle Sutton's Healthy Eating you choose between the 1200 calorie or 2000 calorie per day plans. It's fast, easy, and delicious without any frustration.



• Calories counts and nutrition information are the average per day based on the complete menu cycle including your own fat-free milk. Recommended servings of fat-free milk: Two 8 ounce glasses on the 1200-calorie portion. Three 8-ounce glasses on the 2000-calorie portion.

Rave Reviews



"I enjoyed having delicious meals without trying to find a lot of preparation time in my busy schedule." S.H.

"I've been on the program just over 5 months and lost 56 pounds, almost 12 pounds a month. I've never looked or felt better in my life." A.D.

"In only 18 months on Seattle Sutton's Healthy Eating, I have been able to lose 105 pounds! I feel better and have been able to discontinue the diabetic medication I've been on for over 40 years! This is a dream come true!" J.L.

Imagine, the convenience of healthy, delicious meals delivered twice weekly to your door, with no planning, shipping or clean-up... Save time and be assured of eating a healthy, balanced diet. You can't eat any better than this.



The meal plan is freshly prepared - not frozen or dried. We follow the guidelines of health and nutrition experts in our healthy meal plan. Our meal plan is...
 • Low Fat (<30% of total calories)
 • Low Saturated Fat (<10% of total calories)
 • Calorie Controlled (<1200 & 2000 calorie meal plans)
 • Sodium Restricted
 Based on the average per day using the complete five week menu cycle.

3 CONVENIENT LOCATIONS

Grayslake
Lake Zurich
Mundelein

(847) 949-5566

Serving the Lake County communities

Visit us on the Internet at <http://www.sshe.com> or call 800-442-4440 AOL Keyword: SEATTLE SUTTON

Hours:
Sun-Thurs 6am-10pm
Fri & Sat 6am-11pm

Located Just 5
Miles West from Six
Flags Great America



- Senior Menu
- Children's Menu
- Carry-outs
- Family Value Menu



847-356-4440

• Catering Available • Gift Certificates • Cocktails, Beer & Wine
• Homemade Soups Daily

BREAKFAST SELECTIONS

- Eggs
- Biscuits & Gravy
- Pancakes • Waffles
- French Toast
- Combo Breakfast
- Crepes
- Homemade Corned Beef Hash
- Omelettes
- Egg Skillets

LUNCH SELECTIONS

- Variety of Sandwiches
- Variety of Fresh Salads
- Char. Broiled Breast of Chicken Sandwiches
- Char. Broiled Steak Sandwiches
- Hot Sandwiches With Real Whipped Potato & Gravy
- Cold Fruit Diet Plates
- Homemade Spinach Pie & Fruit
- Gyros (off the skewer) Sandwich
- An Array of Appetizers
- Homemade Chili

DINNER SELECTIONS

- Char. Broiled Steaks & Chops
 - BBQ Baby Back Pork Ribs
 - Broiled Athenian Chicken
 - Broiled Seafood
- Italian Pastas With Your Choice of Marinara, Meat or Alfredo Sauce
 - Variety of Stir-Frys
 - Variety of Mexican Entrees
 - Oven Roasted Fresh Chicken, Turkey, Pork
 - Homemade Meatloaf
 - Variety of Combo Dinners

FAMILY VALUE MEALS

• FOR CARRY OUT ONLY

INCLUDES:

- Soup of The Day
- Choice of Potato (No potato with pasta)
- Dinner Rolls
- Vegetable of the Day
- Choice of Tapioca Pudding or Rice Pudding or Jello or Ice Cream

Please Allow 25-30 Minutes
Please Call For Details

ALA CARTE:

Choice of small tossed salad or bowl of soup or cottage cheese or small glass of tomato juice; choice of potato*, dinner rolls, vegetable of the day.

DESSERT: Choice of scoop of jello or ice cream or dish of rice pudding or tapioca pudding

DINNER:
(For Only An Additional Charge Of \$2.25)
Your choice of any two small tossed salad, bowl of soup, cottage cheese, small glass of tomato juice. Also includes choice of potato*, dinner rolls & vegetable of the day. Choice of hot tea or coffee.
DESSERT: A dessert selection from our pie cases

*Not available on some entrees.

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Continued from page B13

week. The meals are calorie controlled, sodium restricted and low in fat and cholesterol. Eating healthy has never been easier. Nutrition is so important to maintain good health. When one feels good, it shows in the total way of life and in personalities. With proper nutrition and enough sleep and exercise, one will soon be feeling healthy. They have helped thousands of people achieve and maintain weight loss without the planning, shopping or cooking themselves. Seattle Sutton's Health Eating, 452 N. Seymour Ave., Mundelein. 847-949-5566

Steitz's Resort

Steitz's Resort & Supper Club is located on the shores of scenic Lake Bluff, accessible from Grass Lake Road.

Serving the community for many years, the resort attributes its success to being family owned and operated. The rustic decor and memorabilia of several generations are just a part of what makes Steitz's an old favorite to many regular customers and a priority to many who have not yet experienced the pleasures of this fine eatery.

Experience a Door County fish boil in Illinois on Friday nights. Steitz's Resort & Supper Club, Grass Lake Road, Antioch.

Stone Creek Grill

Tucked in the beautiful northwoods atmosphere of Winthrop Harbor, is a wonderful restaurant to celebrate any event. This log cabin-styled restaurant also has a beautiful 30-ton field stone fireplace. Ron and Tim Kaiser, who are brothers, and their family invite you to their family restaurant. The pizza and the Stone Creek specialty dishes are a must to try. Phone for their carryouts.

Please make certain to arrange your reservations for Valentine's. Taking your reservations now. Remember to call and ask about our dinner specials for Valentine's Day. Free dessert for your Valentine! Stone Creek Grill, 206 Sheridan Road, Winthrop Harbor. 847-746-2020

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RICOTTONI PASTA Short pasta tubes tossed with spicy sausage, mushrooms, roasted peppers, peas, creamy asiago cheese and tomato basil sauce. 9.99

SHRIMP SCAMPI Shrimp sautéed in olive oil, garlic, oven roasted tomatoes, spinach and fresh basil served over angel hair pasta tossed in a lemon butter sauce. 11.99

SHRIMP & BROCCOLI Shrimp sautéed in garlic, olive oil and steamed broccoli served over shell pasta. 11.99

SHRIMP MARINARA Shrimp sautéed in fresh tomato, garlic, olive oil and tomato basil sauce, served over linguini. 11.99

NEW YORK STRIP STEAK 14 oz. prime steak cut grilled to order served with French fries or pasta. 13.99

MORETTI'S CHICKEN BREAST Parmigiana - herb crusted and baked with marinara and mozzarella cheese.

Milanese - herb crusted topped with roasted peppers and parmesan broth. Served with a side of pasta. 9.99

MORETTI'S BARBECUED RIBS Home smoked and baked in award-winning sauce, served with French fries or pasta.

Full slab 13.99 Half slab 8.99

LONDON BROIL Tender slices of filet mignon, served with sautéed mushrooms, au jus, and your choice of French fries or pasta. 10.99

SANDWICHES French fries or side of pasta, only 1.99 extra

ITALIAN BEEF OR ITALIAN SAUSAGE Served on a french roll with a side of au jus and your choice of hot giardiniera or sweet peppers. 3.99 Combo 4.99 Add cheese 6.99

MEATBALL Homemade meatballs simmered in our tomato basil sauce on a French roll topped with your choice of hot giardiniera or sweet peppers. 3.99 1/2 lb. cheese 6.99

GRILLED CHICKEN Topped with bacon, cheddar cheese, lettuce, tomato and honey mustard on a toasted bun. 4.99

SIRLOIN BURGER Triple ground lean sirloin, cooked to order. 3.99 1/2 lb. cheese add 3.99

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BEEFSTEAK Sliced tender roast beef topped with melted cheddar cheese on Texas toast, served with a side of au jus. 3.99

CHICKEN PARMESAN Herb crusted breast topped with marinara and mozzarella cheese, served on garlic bread. 5.99

FILET MIGNON Three medallions of char-grilled filet on finger rolls, served with homemade horseradish sauce. 7.99

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Each additional ingredient 1.15 1.40 1.65 1.95

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Moretti's BBQ pizza 11.70 13.95 16.49 18.75

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All cheese 1.99 10.99 13.49

Each additional ingredient 1.15 1.40 1.65

House Special 11.70 13.95 16.49

Vegetarian 11.70 13.95 16.49

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MORETTI'S BBQ PIZZA Pepperoni, sausage, melted bacon, onions and our famous BBQ sauce.

THE HOUSE SPECIAL Italian sausage, green peppers, pepperoni and onions.

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Saturday

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Sunday

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\$10.99 14 OZ. NY STRIP STEAK

Ted's Restaurant

Since 1940, Ted's Restaurant has been a landmark for Lake County's families. Ted's has been independently owned for over 64 years. It has a long-standing tradition of always supporting the American servicemen since World War II, maintained to the present. Ted's also donates to Waukegan area non-profit organizations, such as churches and schools. Ted's offers a great value with a 6-oz. lobster tail, prepared to perfection and served with an 8 oz. prime rib or a 4-oz. filet.

Call and make your reservations for a Valentine treat for you and your sweetheart. Call for further details. Ted's Restaurant, 1611 Belvidere Road (Route 120), Waukegan. 847-623-3177

Twin Oaks

Is in a beautiful country setting in Wilmot, Wis. Banquet facilities to accommodate all parties. The menu definitely tells you what to expect when you dine in this gracious atmosphere. Enjoy a couple's evening or bring a family group. Whatever the choice is, you'll be pleased with the choice you've made to dine here. Call for information or reservations. Twin Oaks, Hwy. C, Wilmot, Wisc. 262-862-9377

Whispering Oaks

Is located in Kenosha, Wis., off Hwy. 50 on Route 45, two miles north of the intersection. This little restaurant is one of Kenosha's 'best-kept secrets.' Serving the area for nine years. Secluded in a casual country setting. The fireplace in the dining room is only one of the special features. Always nightly dinner specials. Two favorites are the Thursday all-you-can-eat BBQ ribs for only \$12.95 and the Friday Fish Boil, as well as Saturday's prime rib. As a date night or bring the family, Whispering Oaks will surely be included on many favorite dining places lists. Whispering Oaks, Route 45 off Hwy. 50, Kenosha, Wisc.

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Navy, VA partner to improve, save

By RHONDA BURKE
Great Lakes Bulletin

The Navy and the VA have teamed up in three important areas at Naval Station, Great Lakes that will improve health care for Sailors and veterans, save money and improve training efficiencies while modernizing the 92-year-old base.

The Naval Station, Great Lakes and North Chicago VA Medical Center (VAMC) team is leading the nation in finding productive and creative ways to share resources while improving services for their beneficiaries.

The improvements include a 48-acre recapitalization of "boot camp" on land which was part of the North Chicago VAMC; a health care partnership as well as a planned joint health care facility; and an interagency cross-service support agreement with the Department of Defense, in which the VA will provide a portion of the energy required to power the infrastructure at the Recruit Training Command (RTC).

"The partnership between the Navy and the VA is good for Sailors, veterans and the taxpayers. It also allows us to provide the best training possible for Sailors in boot camp while the health care partnership will improve the quality of care for Sailors, their families and veterans," said Rear Adm. Ann E. Rondeau, commander of the Naval Station Great Lakes.

Boot camp modernization

In February 2002, the Navy, Department of Veterans Affairs and Finch



Rondeau

University/Chicago Medical School signed a landmark agreement that paved the way for the recapitalization of the Navy's only boot camp on a 48-acre parcel of land, now known as Camp John Paul Jones, which was previously owned by the VA.

The agreement provided for much needed real estate for infrastructure improvements on the boot camp complex, where some of the facilities were constructed as temporary structures during World War II.

The Camp John Paul Jones modernization represents a \$200 million construction project and is part of the nearly \$800 million Recruit Training Command Recapitalization program, which is being completed over a 10-year period. The recapitalization program is creating a training centric campus that places buildings where they will best support training operations.

Health care partnership

In October 2002, the Health Executive Council, chaired by Dr. Winkenwerder, Assistant Secretary of Defense (Health Affairs) and Dr. Robert H. Roswell, Under Secretary for Health VA, agreed to study construction of Navy's new ambulatory care facility on VA property and for both agencies to implement a scheduled transition of service to a single medical facility.

The Navy Ambulatory Care Clinic is tentatively scheduled to be funded for design and construction in fiscal year 2006 with a tentative opening in 2008.

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the morning.**

New legislation aimed at protecting veterans

This month, the Lake County Recorder of Deeds Office began enforcing legislation that protects Illinois veterans by safeguarding the privacy of military discharge papers, commonly known as DD214s.

According to the State regulations, military discharge papers will no longer be considered public record and are now deemed confidential.

"This new law allows us to protect the privacy of Illinois veterans," said Lake County Recorder Mary Ellen Vanderventer. "These forms often contain sensitive personal information such as social security numbers, date of birth and medical information, which have been used in recent cases of identity theft and computer crimes."

Veterans are encouraged to record their important paperwork, free of charge, with

the Recorder of Deeds Office. New safeguards went into effect regarding the retrieval of these documents.

Only the person named in the document, dependent of the person named in the document, member of a Lake County veteran's service office or representative of the U.S. Department of Veteran's Affairs may legally receive a copy of military discharge papers.

"A recent computer conversion in the Recorder of Deeds Office allows the implementation of this important change by removing veterans' personal information from the public computer screens," Vanderventer said.

For more information on military discharge papers or other recorded documents, call the Lake County Recorder of Deeds Office at 847-377-2575.

Information available for absentee voters

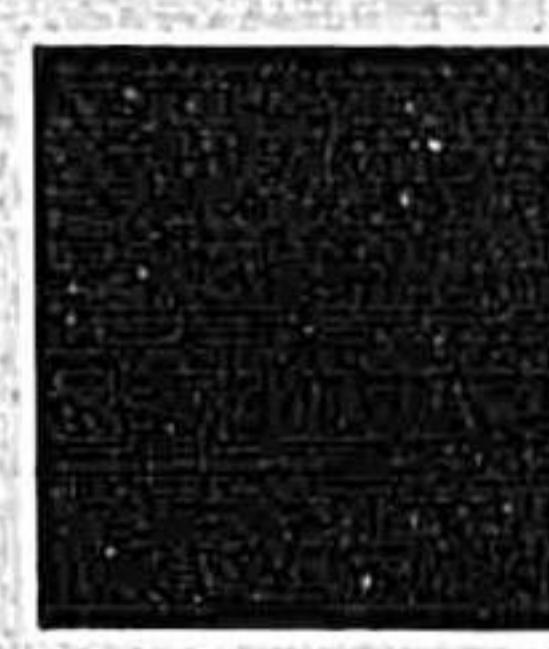
Lake County Clerk Willard Helander announced that absentee voting for the March 16 General Primary Election by mail or in-person at the Clerk's office is expected to be delayed until the second week of February. "Voting will not begin on February 5th," Helander explained, "because the State Board of Elections was unable to certify a final list of candidates by the legal deadline of January 15th. "We are disappointed," Helander said. "Lake County's Electoral Board heard all objections between Christmas and New Year's, but the statewide objection hearings have languished. A number of candidates remain subject to removal and affect all bal-

lots in Lake County." Any voter planning to be absent from Lake County from February 5th through Election Day, should contact our office at 847-377-2406 to make arrangements for ballot by mail.

When voting begins, ballot requests will be processed during regular office hours of 8:30 a.m. to 5 p.m., Monday through Thursday, and 8:30 a.m. to 7:30 p.m. on Fridays. In-person absentee voting will also be offered on Saturday, March 13, 2004 from 9 a.m. to noon. The last day to vote in-person absentee is Monday, March 15.

Call 847-377-2406 for more information on absentee voting.

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Wauconda
474 B W. Liberty St.
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COUNTY BRIEFS

New medical staff officers

Dr. Michael Bauer is the new president of the medical staff at Lake Forest Hospital. Bauer has been a practicing pediatrician on the hospital's staff since 1988. He has previously served as chairman of the Department of Pediatrics, secretary/treasurer of the medical staff and vice president of the medical staff. The new medical staff vice president is Dr. John Andrews, who moves up from secretary/treasurer. The new secretary/treasurer is Dr. Joseph Imperato, a radiation oncologist at the hospital.



Bauer

CASA presents awards

Four volunteers from Lake and Cook Counties received the three highest awards presented by the Lake County Court Appointed Special Advocates for their work in helping defenseless abused and neglected children.

Liz Allen of Lake Forest received the Rose Bonomo Rookie of the Year Award at an awards dinner held with nearly 200 people in the Harrison House, Lake Bluff. Also receiving awards during the evening were Debbie Danti and Cindy Bleil, Highland Park as the outstanding volunteer team. The Lorraine Adams Smith volunteer of the year award was presented to Patti Morrell.

Loyola University-Chicago

Jennifer McCarthy of Grayslake has been named to the College of Arts and Sciences Dean's list at Loyola University of Chicago. She is a 2000 graduate of Carmel High School in Mundelein.

Hope College

Molly Halvey, a Hope College senior from Grayslake, had work featured in the Hope College literary magazine, "Opus," published during the fall semester. Halvey is the daughter of Teresa Halvey of Grayslake and Edward Halvey of Hainesville. She is a 2000 graduate of Carmel High School in Mundelein. Halvey has also participated in the Dance Marathon fundraiser and student government. She has also been named to the Dean's list.

College scholarships offered

Community Trust Credit Union is offering its members the opportunity to apply for a four-year \$500 scholarship (worth a total of \$2,000) or one of three single-year \$500 scholarships.

To be eligible, a student must be enrolled to attend a college or technical school within six months of graduation from high school, and he/she or their parent(s) must be a member in good standing of Community Trust Credit Union for at least one year.

Scholarship applications are available at Community Trust's main headquarters at 1313 Skokie Highway in Gurnee, as well as its North Grayslake branch at 1263 N. Route 83 and its South Grayslake branch at 1868 E. Belvidere Rd., Grayslake. Applications must be postmarked on or before March 1 and recipients will be notified by May 3.

For more information call 847-662-2050.

Educator field trip

Lake County teachers are invited to participate in the Eighth Annual Educator Field Trip sponsored by the Lake County Farm Bureau for the four day event July 12-15 in hopes to bring a realization about agriculture to their classroom. Some of the stops this year will include Golden Oaks Dairy in Wauconda, Seeger's Grain in Crystal Lake, Temple Farms in Wadsworth and the Chicago Board of Trade. The cost for the trip is \$75 and includes coach bus transportation, lunch, and classroom materials. Educators will be able to earn two hours of Graduate Credits from the University of Illinois. Deadline for registration is May 17. Interested participants should contact Janet Megginson, Ag in the classroom coordinator at 847-223-6506 or e-mail jlmegginson@ameritech.net or visit the web site www.lcfb.com to download an application.

New service center

On Feb. 9, Great Lakes Credit Union opened a new full service facility in North Waukegan, at 3113 N. Lewis Ave. in Waukegan. This location will benefit GLCU members in the northeastern Lake County region, including those residing in Kenosha County.

The Waukegan Service Center will offer membership to all those living or working in Lake or McHenry County in Illinois and Kenosha County in Wisconsin.

Members will find an array of innovative financial products and services, such as mortgages, home equity and auto loans as well as investments, checking accounts and free bill pay service.

Norwegian League scholarships

The Norwegian National League of Chicago is offering scholarships to deserving students who are of Norwegian heritage residing in the counties of Cook, Lake, DuPage, Kane, McHenry and Will.

The first scholarship for \$1,000 will be awarded to a high school senior with at least a 3.0 GPA and who has been accepted by a college or university. Two additional scholarships for a \$100 savings bond will be awarded to a high school student in grades nine-11 and a student in grades five and eight. A \$50 Savings Bond will be awarded to a student in grades one-four.

To qualify, older students must submit an original essay on a Norwegian topic and the students in grade first through fourth must submit an original drawing depicting a Norwegian topic.

For information on the scholarships and applications, contact Tom Maxon at 847-297-1656 or e-mail him at somax@lightfirst.com.

Shimer College grant

Governor Rod R. Blagojevich awarded a \$75,000 grant for renovations to the Shimer College community Center in Waukegan.

The community center houses the college's Learning Center, which is an after-school tutoring service for disadvantaged elementary school students.

The renovations to the community center, which was a former YMCA gymnasium, will provide additional space while meeting accessibility standards of the Americans with Disabilities Act.

Meeting these ADA requirements will allow children with disabilities to participate in the center's programs.



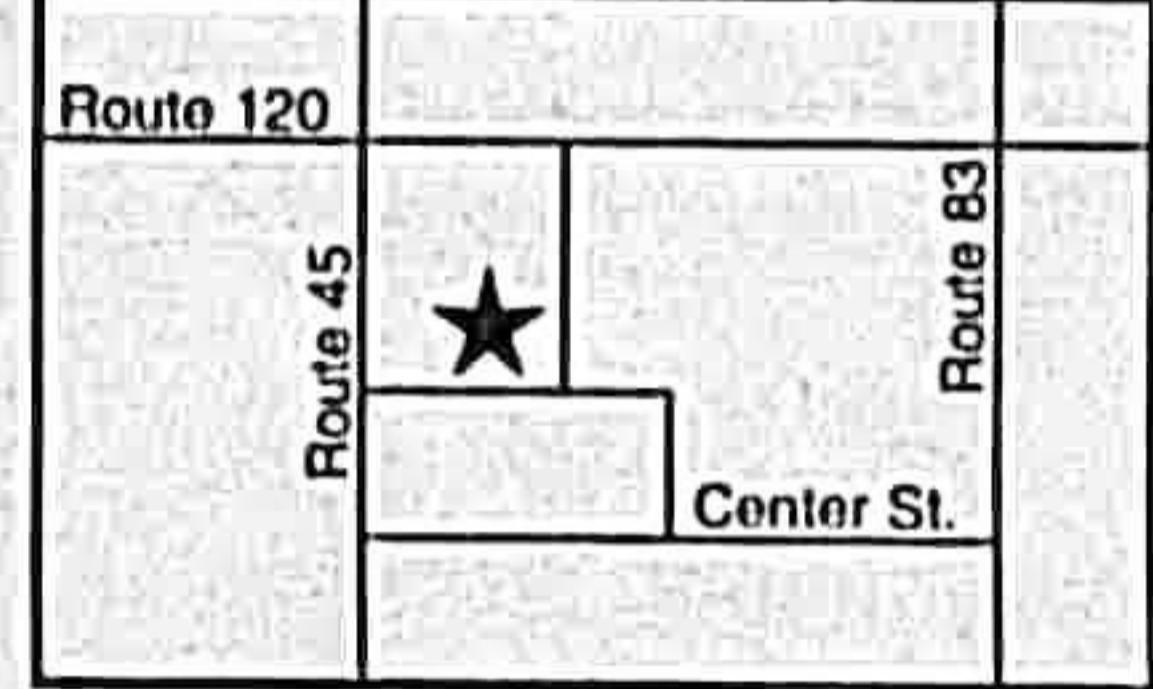
What looms ahead

Greg Young of Smith College completes the assembly of a full-size Jacquard loom replica on loan from the Massachusetts college. The loom is part of the exhibit, "That Silk Will I go Buy-Woven Silks from the John High Collection" at the Lake County Discovery Museum through March 31.—Photo by Sandy Bressner

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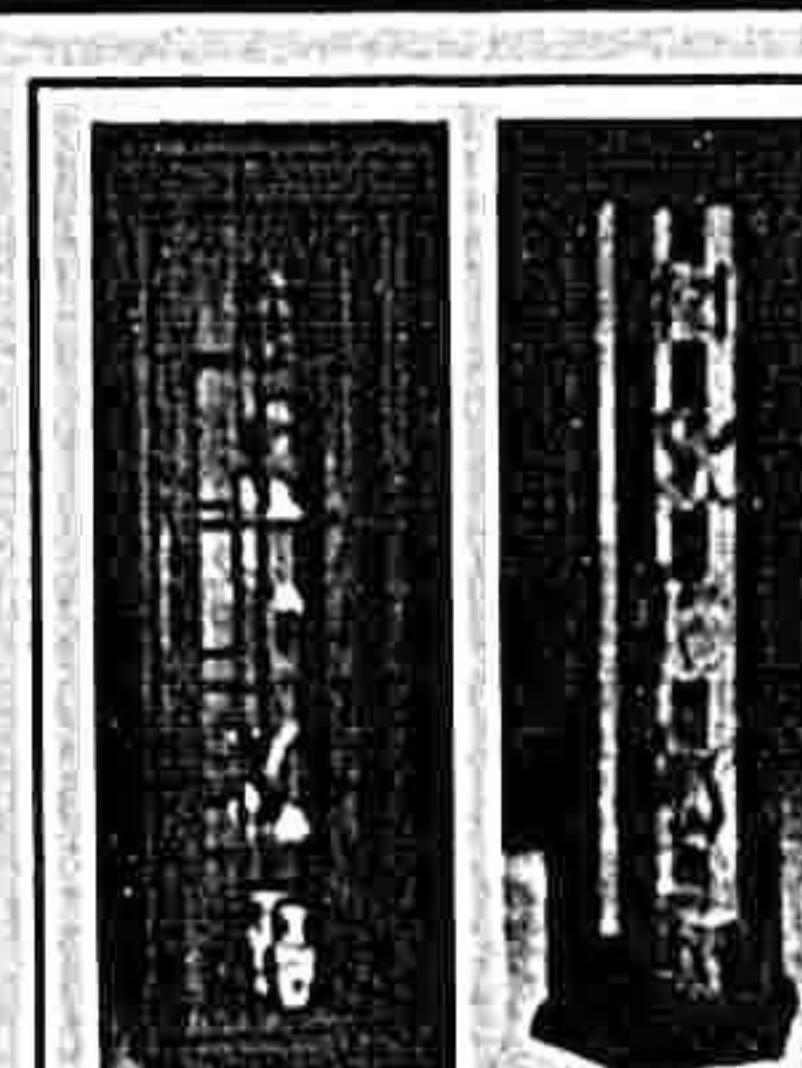
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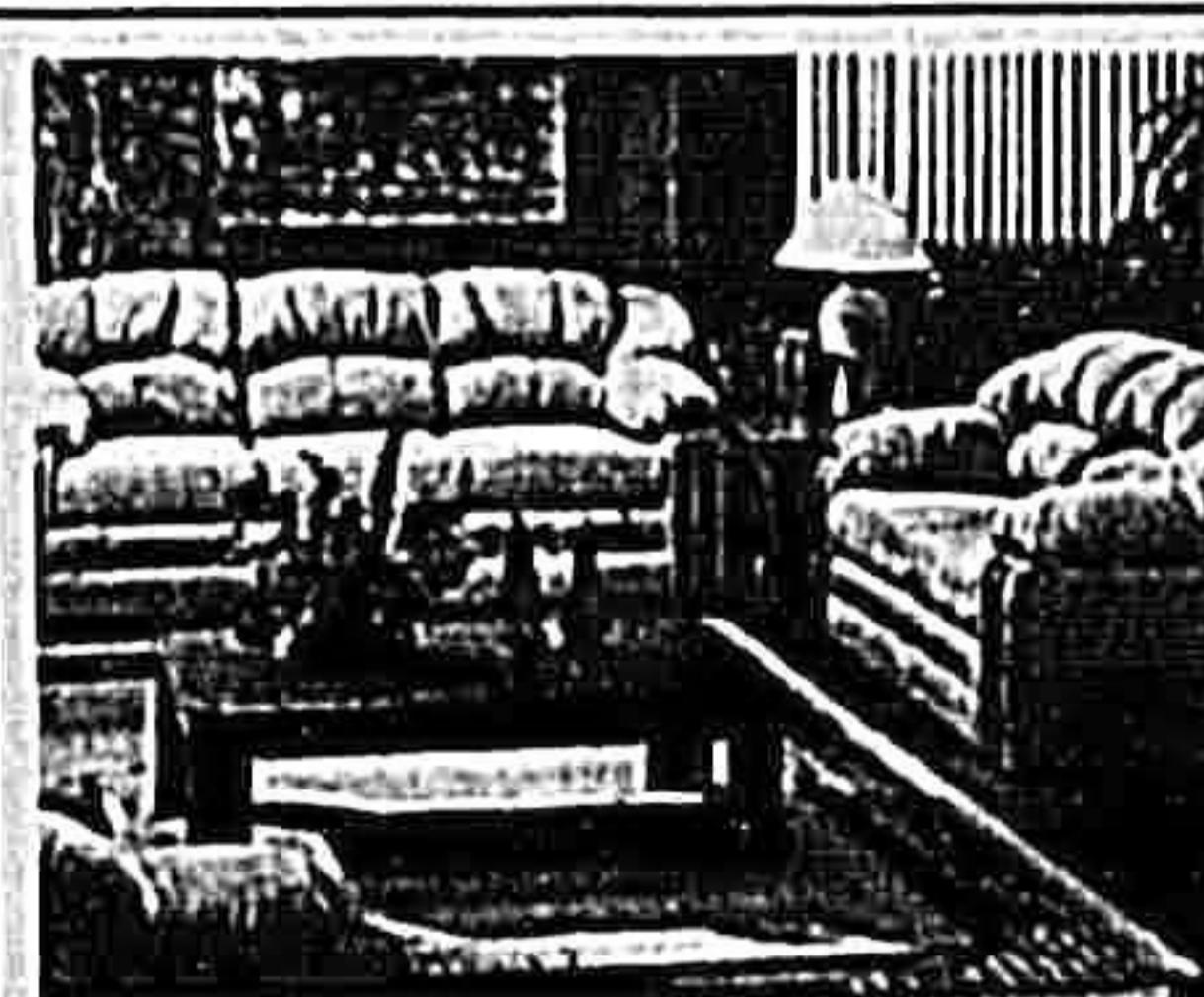
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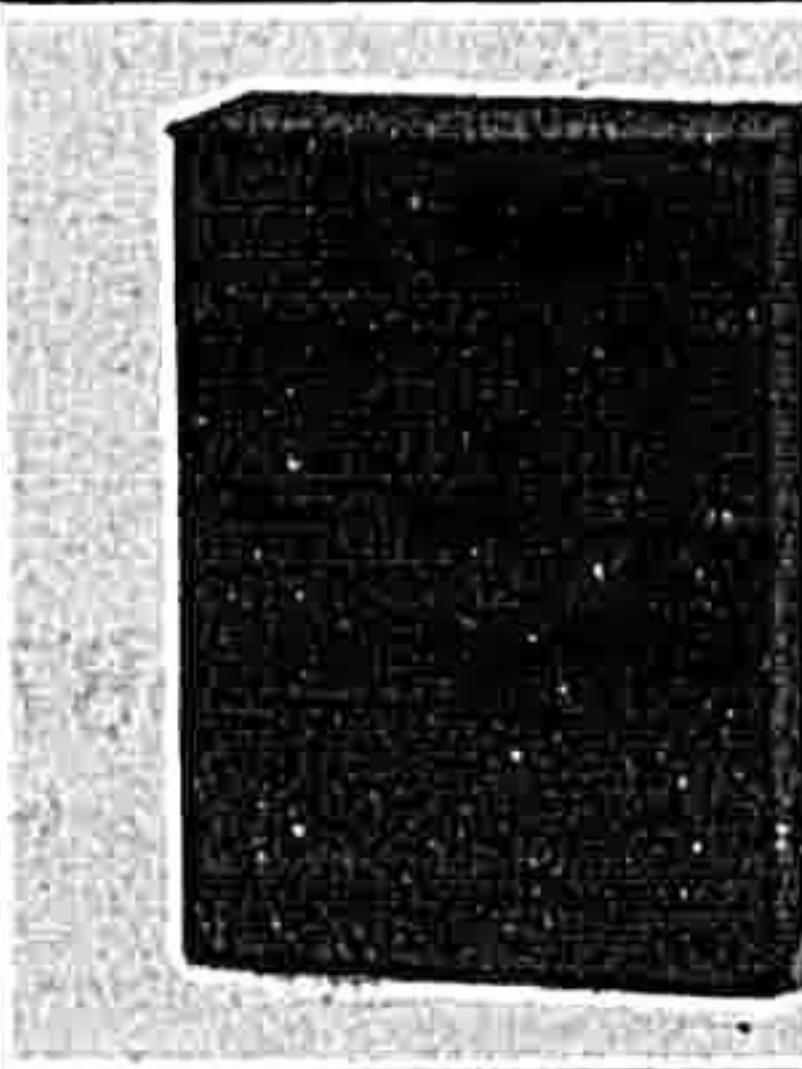
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Chicken Dijon \$12.50		
Shrimp Dijon \$14.95		
Broiled Orange Roughy \$12.95		
Prime Rib \$15.95		

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Happy Valentine's Day

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20/Life

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LAKE FOREST HOSPITAL

NEW PROGRAMS!

Holistic Childbirth Class

Childbirth engages your mind, body and spirit. The holistic approach to childbirth education seeks to integrate these by providing information about your choices, exercises to prepare your body and meditations to nurture your spirit. Join us for interactive exploration of this wonderful journey!

Postpartum Depression Class

Learn the difference between normal baby blues and postpartum depression. Couples may take this class prenatally or after delivery. At the end of this class you will be able to identify the signs and symptoms of postpartum depression and will know what resources are available to assist you.

What's Next for Me? Changing Times, Changing Bodies

Pre-adolescent girls (ages 9 to 12) learn about how their bodies will change as they grow older. The three-hour class, offered once a month on Saturday mornings at Lake Forest Hospital's Health Education Center, includes the physical, emotional and social aspects of puberty. The \$30 fee per mother/daughter team includes a nutritious breakfast.

VISTA HEALTH

Childbirth Preparation

This class meets on four consecutive Tuesday evenings. Expectant parents are instructed in the labor and delivery experiences as well as in-breathing and relaxation techniques.

Weekend Childbirth Preparation

Designed for expectant parents with hectic schedules and those who may have delayed registering for class and need to get the details in one session. This class is complete in one Saturday session from 8:30 a.m. to 5 p.m. A weekend session is scheduled once each month.

CONDELL MEDICAL CENTER

Offers February Health Screenings

Appropriately enough, February is American Heart Month, which is targeted at raising awareness for the prevention and treatment of heart disease and stroke. In celebration of this, Condell is offering heart-healthy screenings through the month.

Condell's Acute Care Centers and Medical Center Health Institute (MCHI) are offering \$25 coronary risk profiles during the month. This profile reveals your total cholesterol, HDL (good cholesterol), LDL (bad cholesterol) and triglycerides. A fast of eight to twelve hours is required before the test is performed.

Coronary risk screenings are available on a walk-in basis Tuesdays and Thursdays in February from 8 a.m. to noon at all four Acute Care Centers: 150 Half Day Road, Buffalo Grove, 847-215-0000; 6440 Grand Ave., Gurnee, 847-249-2800; 2 E. Rollins Road, Round Lake Beach, 847-740-2500; and 6 Phillip Rd., Vernon Hills, 847-680-0500.

LAKE COUNTY HEALTH DEPARTMENT AND COMMUNITY HEALTH CENTER

Crisis Counseling Available

The Lake County Health Department and Community Health Center offers walk-in and telephone crisis counseling and referrals for Lake County residents experiencing emotional stress. This is a service of the Crisis Care Program, 3002 Grand Ave., Waukegan. Counselors are available 24 hours a day. For assistance, call 847-377-8088. (A TDD, hearing impaired phone line is also available at 847-360-2905.)

HEALTHWATCH

B20 / Lakeland Newspapers

February 13, 2004

Real monster prevention

Another child abducted and killed. It's gone too far already. From what seems to be occurring in our society with the chronic predatory tragedies that are occurring to our children, you would think that no one intelligent was in charge at all. It doesn't take a rocket scientist to know that if someone hurts kids, you don't let them near any kids ever, but that thought seems to be evading the powers that be. I cannot truly write about what I want to here because my anger level is so high that it would not make for a constructive column so instead I have made the decision that I want to write a column to make some simple suggestions to parents about how to keep their kids safe. Until the powers that be decide to get these people away from our kids, our only defense is to be on the offensive and always be prepared to act. I hate like the dickens to even have to make these suggestions because our kids should be able to be living in a world of innocence and not have to be afraid of this or even aware of this, but the grim reality is that these predators are out there and all it takes is one second for things to go permanently the wrong way. They are grabbing kids from cars while mom loads the groceries, they are coming into homes and taking the kids out of the home and they are just grabbing them in broad daylight. They are becoming more brazen and more dangerous. Denying it can happen to you or your child in this day and age is a dangerous mindset. You must be prepared. If the child is prepared correctly, that one second can make the difference between life and death.

1. Make sure your kids are informed about this from very young. Even if you think it will scare them. I'm not just talking about stranger danger. You have to get somewhat blunt with them and tell them that strangers can take you away and hurt you. On a TV show that was testing how much stranger



PARENT'S PLACE

Dr. Sherri Singer

danger training actually worked, in all cases in which a parent told a child not to approach a stranger but didn't tell them why, the child approached the stranger every time, even after warnings from parents not to. This is why it is important to tell them why and what can happen so they know not to do it. Don't just scare them. Empower them. Make them know that there are things they can do and decisions they can make to prevent that from ever happening. Of course, fill them in on the ploys that these predators use like saying they have a puppy or that they are lost or that they have candy. Don't just tell them about it. Role play it out with them. Have an uncle or a close friend help you to role play so that the child has down pat what the response that they should do is and that is to run away immediately.

2. Teach your child to be vigilant. A child that is aware of his or her environment will know when someone is coming at them. It won't take them by surprise. If they see a stranger approaching them, tell them not to wait and to run the other way.

3. Teach your child that if someone does try to grab them, to start screaming as loud and obnoxiously as possible. Sometimes kids freeze and go silent. Tell them to yell "fire" or "help." Anything loud enough to get attention.

4.) In the same vein, tell your kids to not be alone. Kids in groups have a much safer situation. Being alone and being out there, like this 11 year old was, makes a target. Tell

your kids to always at least be with one other kid, if not more.

5. Always know where your kids are and where they are going. It is no longer the days when kids could be out all day long and play and be o.k. It is horribly sad that kids today don't get to experience the freedom that we did as kids. It's not right, but it is a fact that you need to know where they are and where they are going and if at all possible, give them a ride or make sure another responsible parent gives a ride. I know your kids may not appreciate the escort, but tough beans. You do not want to know what it feels like to be a parent who has this happen to their child only later to wish that you had given the escort.

6. When out with little ones and you are shopping, doing some simple things can keep your kids safer. A harness for a young child works wonders. The child has some freedom to move, but you also have total hold on her. She cannot wander off and no one can grab her without a parent attached. Teach kids to hold hands to stay with the group or to hold onto the shopping cart. When loading up the car after shopping, the kids go in the car first and the doors are locked before starting to load anything. Never leave the car running with you out of the driver seat. You would be amazed at how many times we have seen that. A predator watching carefully could do lots of damage with that one. While you are loading the car be extra vigilant. Notice everything and everyone around you.

7. For your home, make sure you lock doors and windows, especially at night. It is good to have deadbolts in addition to the regular lock and if you have any window glass around your door make sure your deadbolt is an inside key lock deadbolt so no one can just punch out the glass and turn the deadbolt. When we have locks put on even by a reputable locksmith, we always use 2 different companies for the top and bottom lock so that no one person has keyed all the house locks. If you want to have a window open, make sure to use track locks that you can get at any hardware store to make sure the window only opens a certain width or height. An alarm is also a nice addition for peace of mind. No one can just walk into the house with an alarm on. Keep a cell phone by your nightstand. If your phone has been knocked out in any way, the cell phone will be a life saver.

8. This is probably a wave more of the future, although I have heard some whisperings about it already and that is "chipping" kids. I always said if they can Lo Jack a car, why can't they do that with a child. We recently saw something on t.v. about a device the child can wear that not only satellite tracks them, but also has a panic button to alert parents that there is a problem so that immediate action can be taken. My thought is that if kids become harder to get away with without getting caught quickly, maybe they won't be such attractive prey to these predators. Check online about this info as I'm sure new developments are happening all the time.

9. Educate your kids in a very specific way. Two thoughts here. First, we saw a commercial for a video called, "Fighting Chance." The video was specifically to train kids to know what exactly to do if someone tries to abduct you. The man who did the tape takes people through all the ways to get away from an abductor even if he tries to put the child in a car trunk. Mostly the mindset of the child is important here because if a child is prepared for a situation like that, that child will not freeze up and will be able to react in a split second and potentially save his or her own life. In the same vein, Marshall Arts classes are also very good, but make sure you go to a class that teaches Martial Arts as a self-defense and not as a way to get your way from someone else. Many of them also teach the mindset of self-protection and immediate response so the child again does not freeze. Unfortunately, I do not have a number for the video and we saw the commercial a while ago, but I'm sure that you can find it online under the title.

10. Regarding school, make sure your

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Please see SINGER /B21

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Health, Sport & GOLF EXPO

Saturday, February 21st, 2004

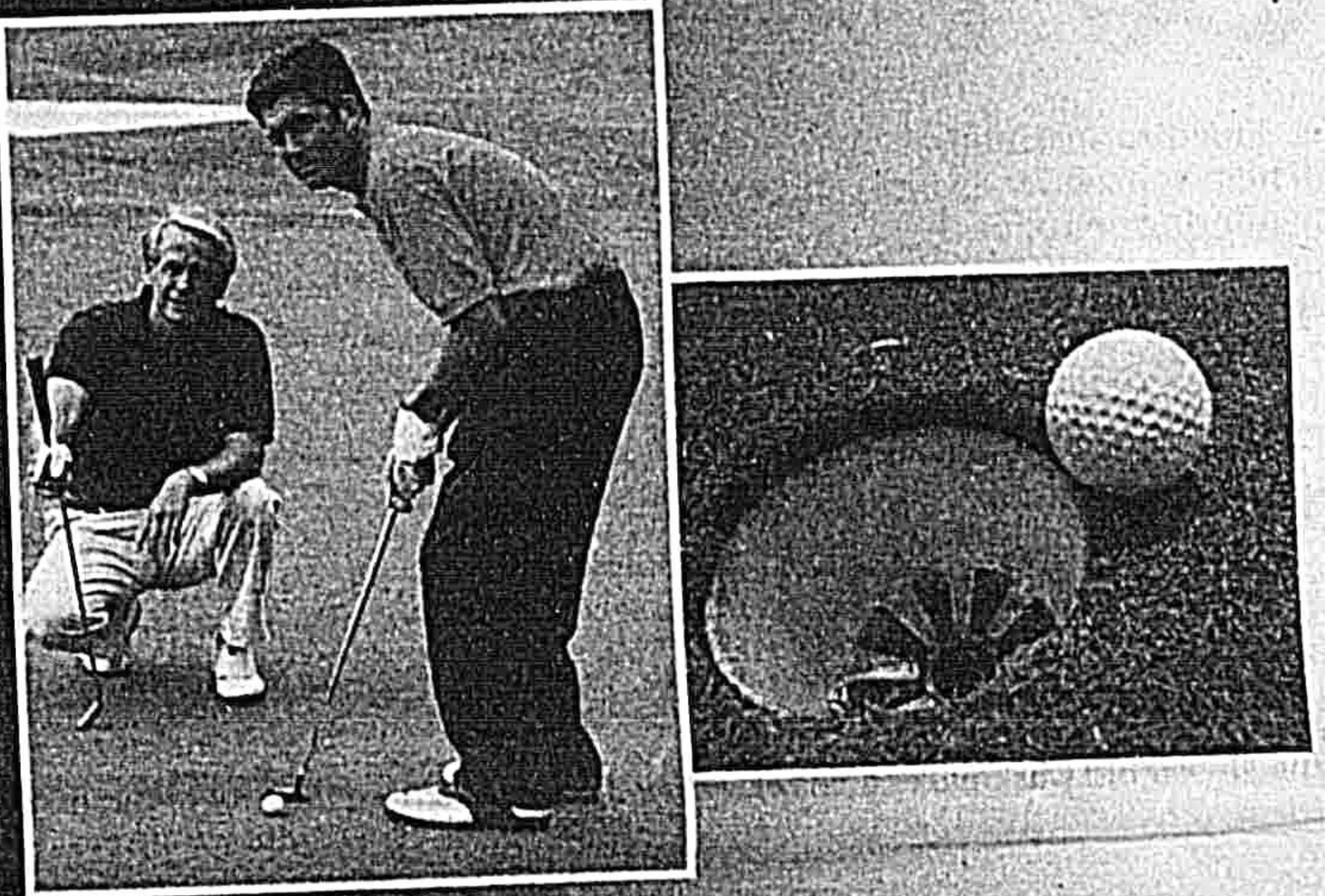
COLLEGE OF LAKE COUNTY

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Admission: \$5

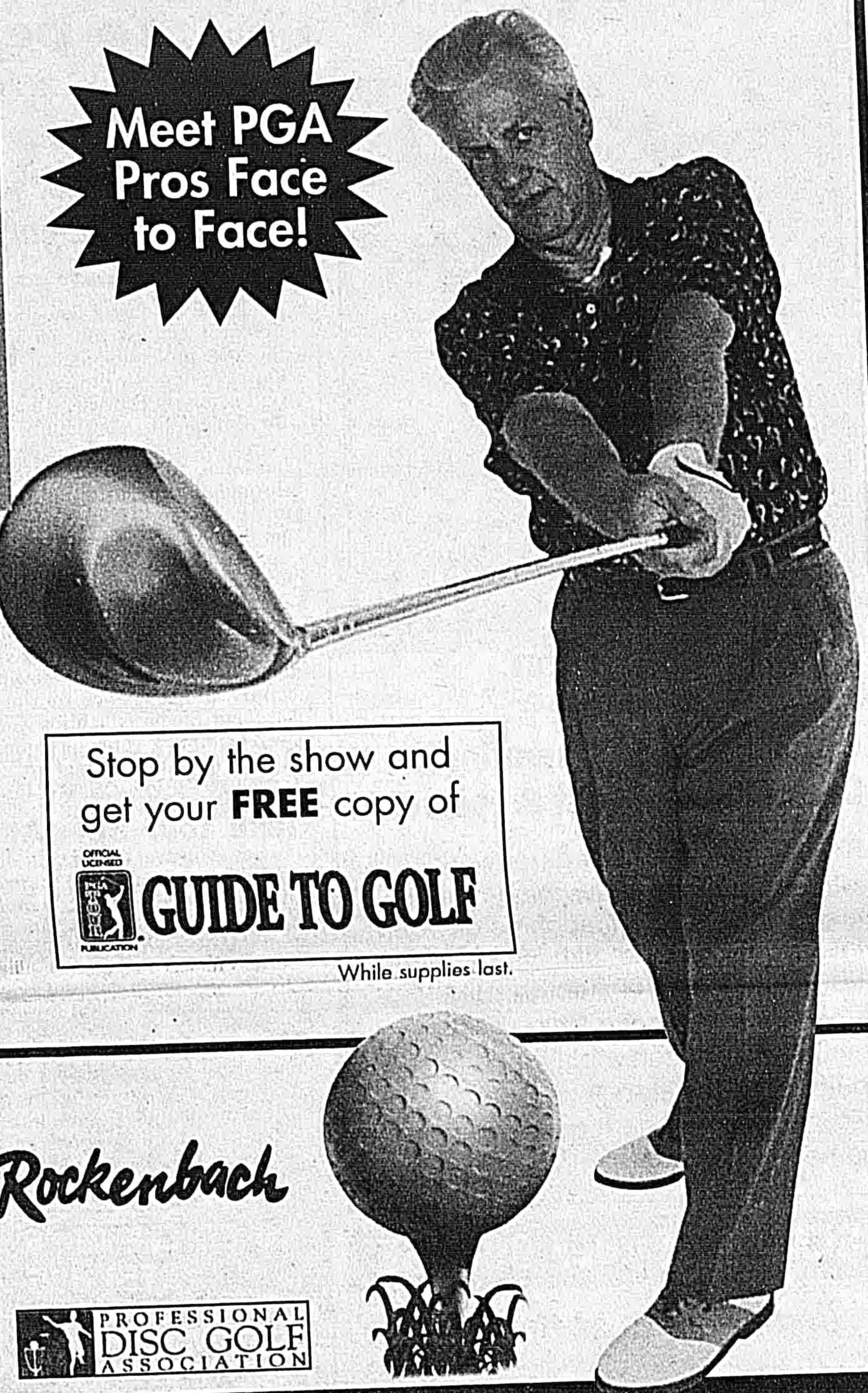
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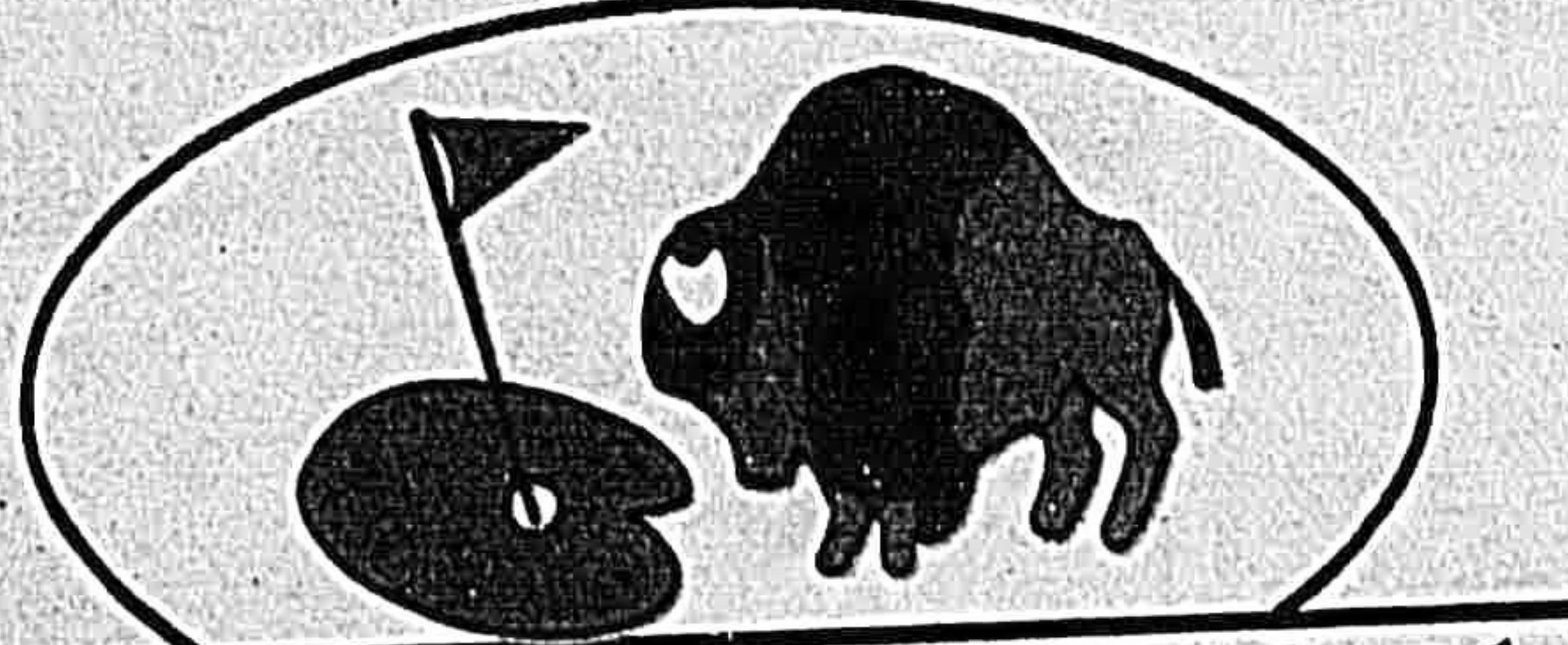


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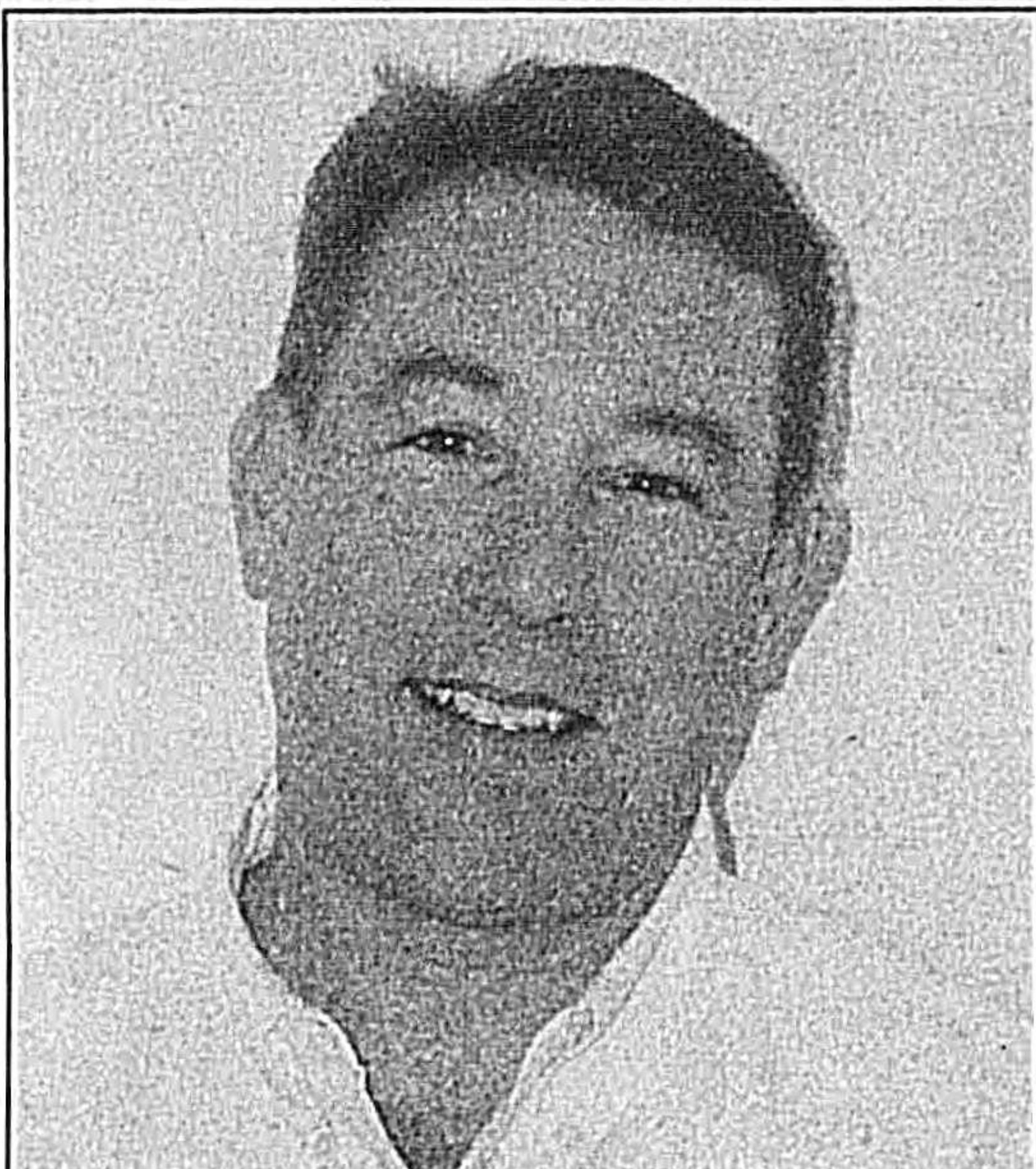
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C2 / Lakeland Newspapers

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• PGA Professional
• Manager, Golf Operations,
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ADMISSION COUPON

COLLEGE OF LAKE COUNTY

10:30 a.m. - 4:00 p.m.

Admission: \$5.

FREE under 16 years old

Health, Sport & GOLF EXPO

Lake County's "Health, Sport & Golf Expo" To be held Saturday, Feb. 21st

Are you ready to 'tee it up'?

Do you walk slowly to the tee to calm yourself down before your shot? Will golf lessons or that custom club improve your shot?

These are just a few questions you can ask yourself and the PGA professionals at Lake County's first "Health, Sport & Golf Expo" on February 21st at the College of Lake County in Grayslake. The Fieldhouse will be open to golf enthusiast throughout the area for this one-day event to allow them to get their questions answered.

The Health, Sport & Golf Expo is the place to be if you are looking for great deals and a chance to beat the winter blahs. Free pro instruction, hitting nets and putting greens will help you get ready for the spring. Local exhibitors will be offering coupons discounts and a chance to win savings and big prizes. Lakeland Media will bring you the resources that you need to improve your golf game, at your pace on Saturday, Feb. 21st. Don't forget to stop by Bass Pro Shop's LONGEST DRIVE CONTEST for a chance to win too.

Take Your Spin At Disc Golf

Have you ever tossed your disc in a game of golf? Lake County offers many disc courses in the area, including Libertyville's Adler Park, Round Lake Fairfield's course, Waukegan and Highland Park just to name a few more. What is "Disc Golf" you ask? Well, it's much like traditional golf but instead of clubs, players use a Frisbee® or a collection of various sizes of flying discs. Since the 1970's, the object is completing the fewest throws into a Pole Hole®, an elevated basket. Disc golf shares the same frustrations and joys as traditional golf...except there are no greens fees, golf carts and is designed for all ages. It's a great sport to promote to kids and teenagers without it hurting the parent's pocketbook.

Stop by the upcoming expo on February 21st and speak with a PDGA pro. Take a toss and see if you can make a hole in one! The expo is open from 10:30-4pm off

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Lake County's Only...

Health, Sport & GOLF EXPO

of Washington Street in Grayslake. Be sure to stop by the Lakeland Media booth to enter for a Galena Get-Away Give-Away and your free copy of Natural Golfer Magazine too (while supplies last). Look for Rockenbach's select vehicles on display at the entrance of CLC's Fieldhouse. Admission is only \$5 (kids & seniors are FREE).

See the coupons in this weeks edition for \$2 off admission coupons.

Call Tammy Marchetta at 847/223-8161 for additional information on the event.



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Why does a golf ball have dimples?

A golf ball can be driven great distances down the fairway. How is this possible? Is the drive only dependent on the strength of the golfer or are other factors at play? The aerodynamic forces play a key role in the flight of the golf ball.

History of the Golf Ball

The early golf ball, known as a featherie, was simply a leather pouch filled with goose feathers. In order to obtain a hard ball, the pouch was filled while wet with wet goose feathers. Since people believed a smooth sphere would result in less drag (and thus fly farther), the pouch was stitched inside out. Once the pouch was filled, it was stitched shut. Therefore there were a few stitches on the outside of the ball. The ball was then dried, oiled and painted white. The typical drive with this type of ball was about 150 to 175 yards. Once this ball became wet, it was totally useless.

In 1845, the gutta-percha ball was introduced. This ball was made from the gum of the Malaysian Sapodilla tree. This gum was heated and molded into a sphere. This resulted in a very smooth surface. The typical drive with the gutta-percha ball was shorter than that obtained with the featherie. However, according to golf legend a professor at Saint Andrews University in Scotland soon discovered that the ball flew farther if the surface was scored or marked.

This led to a variety of surface designs which were chosen more or less by intuition. By 1930, the current golf ball with dimples was accepted as the standard design. The modern golf ball consists of rubber thread wound around a rubber core and coated with dimpled enamel. The dimples are arranged in rows. The number of dimples is either 336 for an American ball or 330 for a British ball. The typical drive with a modern golf ball is about 180 to 250 yards.

The Dimples

Why, then, does a golf ball have dimples? The answer to this question can be found by looking at the aerodynamic drag on a sphere. There are two types of drag experienced by a sphere. The first is the obvious drag due to friction. This only accounts for a small part of the drag experienced by a ball. The majority of the drag comes from the separation of the flow behind the ball and is known as pressure drag due to separation. For laminar flow past a sphere, the flow separates very early. However, for a turbulent flow, separation is delayed. The separation region in the turbulent case is much smaller than in the laminar case. The larger separation region of the laminar case implies a larger

pressure drag on the sphere. This is why the professor experienced a longer drive with the marked ball. The surface roughness caused the flow to transition from laminar to turbulent.

The turbulent flow has more energy than the laminar flow and thus, the flow stays attached longer.

So, why dimples? Why not use another method to achieve the same effect? The critical Reynolds number, Re_{cr} , holds the answer to this question. Re_{cr} is the Reynolds number at which the flow transitions from a laminar to a turbulent state. For a smooth sphere, Re_{cr} is much larger than the average Reynolds number experienced by a golf ball. For a sand roughened golf ball, the reduction in drag at Re_{cr} is greater than that of the dimpled golf ball. However, as the Reynolds number continues to increase, the drag increases. The dimpled ball, on the other hand, has a lower Re_{cr} , and the drag is fairly constant for Reynolds numbers greater than Re_{cr} .

Therefore, the dimples cause Re_{cr} to decrease which implies that the flow becomes turbulent at a lower velocity than on a smooth sphere. This in turn causes the flow to remain attached longer on a dimpled golf ball which implies a reduction in drag. As the speed of the dimpled golf ball is increased, the drag doesn't change much. This is a good property in a sport like golf.

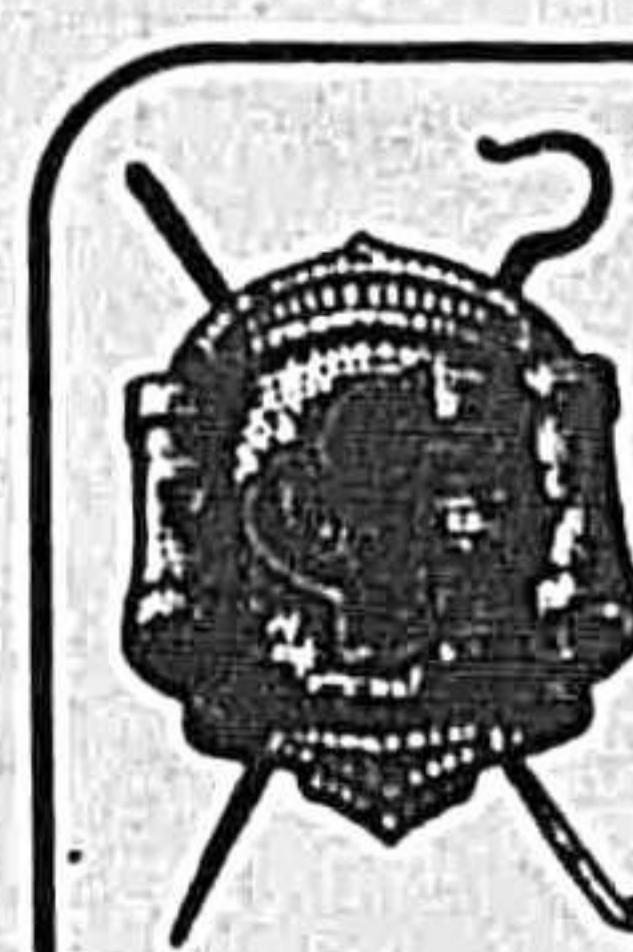
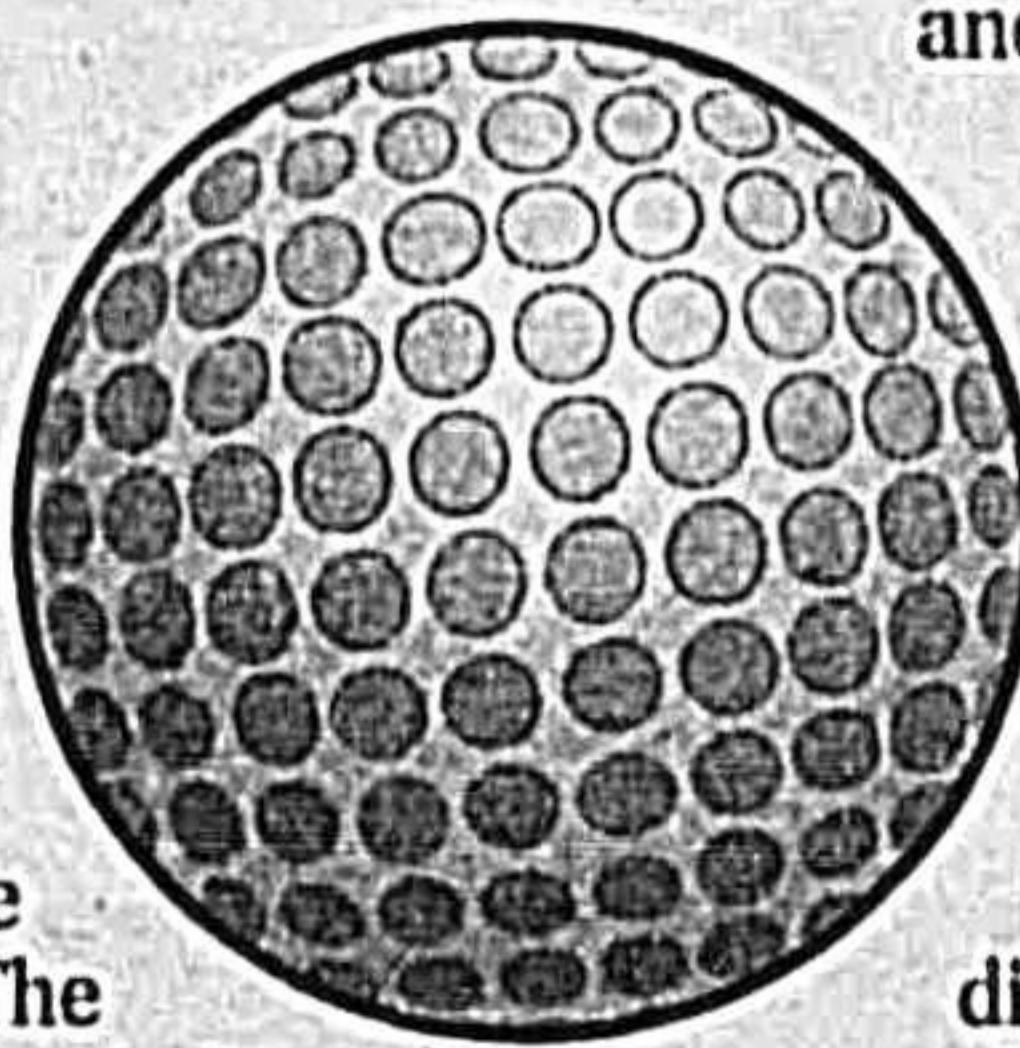
Although round dimples were accepted as the standard, a variety of other shapes were experimented with as well. Among these were squares, rectangles, and hexagons. The hexagons actually result in a lower drag than the round dimples. Perhaps in the future we will see golf balls with hexagonal dimples.

Hook and Slice

A hook or a slice can be explained in the same way. If the golf ball is given a spin about its vertical axis, the ball will be deflected to the right for a clockwise rotation and to the left for a counter-clockwise rotation. The generation of an aerodynamic force by a spin about the axis perpendicular to the flight path is known as the Magnus effect. The Magnus effect is important in most ball games.

Effect of gravity

During the last part of a golf ball's flight, the gravitational forces become dominant. As the ball's velocity decreases due to the drag imposed upon it, the lift decreases. At some point, the lift will no longer be greater than the weight and the ball will begin falling to the ground.



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C4 / Lakeland Newspapers

Health, Sport & GOLF EXPO

Meet & Greet the Pros!

(partial exhibitor list)

Antioch Golf Club**Arboretum****Bass Pro Shops****Bobby's Hunt Club Rd. Golf Ctr. & Driving Range****Carillon North / Grayslake****College of Lake County Golf Team****Cranes Landing Golf**

(Marriott Lincolnshire Resort)

Daily Herald**Fit for Life****Foss Park****Foxford Hills Country Club****Golf Shack****Grayslake Park District****Highland Park Country Club****IPGA (IL Professional Golf Association)****Jack Thomsen**

Come to the show to meet the pros and other exhibitors too.



FORE!

Your Guide to Lake County Golf

Exhibitor**Antioch Golf Club, Antioch**

(847-395-3004)—The year 2004 brings Antioch Golf Club a new clubhouse and a lot of excitement. One will find it to be one of Lake County's best values with rates sometimes under \$15. If you're looking for a course that is nice, but not expensive—this is it!

Exhibitor**The Arboretum Club, Buffalo Grove**

(847-913-1112)—Try the challenging 18-hole golf course and see the new clubhouse. The new course was redesigned by Hurdzan-Fry Golf Course Architects. The Chicago Tribune has rated the Arboretum in the top five of Chicagoland's Northwest area golf courses. The new season brings a new fleet of electric club cars...equipped with windshields and club rain protectors.

Bittersweet Golf Club, Gurnee

(847-855-9031)—Still one of the newer courses in Lake County, Bittersweet is a hard course for beginners, but a nice challenge for the veteran golfer. The scenery is also great.

Exhibitor**Bonnie Brook Golf Course, Waukegan**

(847-360-4730)—One of the oldest courses in the area, but still a goodie. Although not as flashy as some of the newer clubs, Bonnie Brook has a classic quality that should make the course part of any golfer's rotation.

Exhibitor**Brae Loch Golf Course, Grayslake**

(847-223-5542)—If you are relatively new at the sport and looking to play 18 holes of forgiving golf, Brae Loch is for you. A slice into the next fairway won't punish you too badly at Brae Loch, as you can usually have a clean shot back to your hole. The price is right as well. Around \$20 can get you 18 holes with a cart.

Exhibitor**Carillon North, Grayslake Park District**

(847-548-4713)—The perfect course for the lunch-time golfer. This par-3 nine-hole club is only a few years old. Tucked away just off of Rollins Road, you won't normally drive by it, but if you're looking for a quick round of golf to test your short irons—you should look them up.

Exhibitor**Countryside Golf Course, Mundelein**

(847-566-5544)—Two 18-hole runs to choose from. Part of the Lake County Forest Preserve system, you will get a nice price and fun round of golf at both courses.

Exhibitor**Cranes Landing Golf (Marriott Lincolnshire Resort), Lincolnshire**

(847-634-5935)—This resort course is very popular with both Lake County golfers, as well as out-of-towners. Nice conditions, tight fairways. Challenging, fun.

Deerfield Golf Course, Deerfield

(847-945-8333)—Another classic course. Nothing fancy, but a good course to get in 18 holes and have a little fun.

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Exhibitor

Foss Park Golf Course, North Chicago
(847-689-7490)—Been around for a while. A nice course if you're just learning to play the game.

Four Winds Golf Club, Mundelein
(847-566-8502)—Nice course, wide open. If you're looking for a change in pace to your regular course, you'll enjoy a round at Four Winds.

Exhibitor

Foxford Hills Country Club, Cary (847-639-0400)—The Cary Park District new course, Foxford Hills Country Club, consists of approximately 188 acres. The course is designed by architect Tim Nugent and is a 6,988 yards, par 72, 18-hole golf course with a 32-stall driving range that offers grass and matted hitting stations. The first 6 holes can be described as open, preparing the golfer for the final 12 holes that are played through mature woodlands, natural wetlands, and elevation changes that enhance and offer unique challenges.

Fox Lake Country Club, Fox Lake (847-587-6411)—Challenging, long and the pride of Fox Lake.

Exhibitor

Greenshire Golf Club, Waukegan (847-360-4777)—Par for Course: 27. The course is a 9 hole par-3 layout that plays at 1265 yards.

Heather Ridge, Gurnee (847-367-6010)—When most people think of a nine-hole golf course, most times assume that it must be easy. This is not the case with Heather Ridge. Despite being only nine holes, Heather Ridge is one of the better golf courses in Lake County. One par-five, mixed in with two par-threes and six par-fives, this is by no means your average nine-hole course.

Hickory Knoll Golf Course, Lake Villa (847-356-8640)—If you are looking to learn

how to golf, Hickory Knoll is for you. Nine relatively short, mostly par-three holes are not the fanciest in the area, but a great opportunity to break in your new clubs and learn how the game is played. The cost is also very reasonable at around ten bucks a round.

Exhibitor

Highland Park Country Club, Highland Park (847-433-9015)—18 Holes; Par for Course: 71. This well-manicured course is located on Chicago's scenic north shore. It was built on flat terrain, so it's easy to walk. The small greens are fast, and the tree-lined fairways are narrow. In addition, water hazards come into play on six holes, and numerous sand bunkers have been positioned on the fairways and around the greens. The signature hole is #11, a 180-yard, par 3, featuring a narrow green surrounded by water.

Kemper Lakes Golf Course, Long Grove (847-320-3450)—The standard for many years. Home to professional golf championships and national golf magazines' praise. More than one hundred dollars to play, Kemper is still a good value. If you are going to shell out that kind of money you must be a serious golfer, and if you are...then Kemper is a must.

Exhibitor

Lakemoor Golf Club, Lakemoor (815-759-0011)—Just across the Lake-McHenry county border near Route 120 and 12. This course had been in the works for years and opened recently to the delight of many. Very reasonable, its not unusual for four golfers to golf Lakemoor with a cart for under \$100 a great value.

Exhibitor

Libertyville Golf Course, Libertyville (847-362-5733)—Probably the shortest par-three nine-hole course in the county. Another course to add to the beginner's list of friendly places to learn the game. Even a good golfer can have a little fun at Libertyville by practicing their nine iron.



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**Midlane Country Club, Wadsworth**

(847-623-4653)—One of Lake County's finest golf courses. 27 holes of scenic fairways, challenging greens and—oh, yes—the dreaded water. If you are a fairly decent golfer, you are going to love Midlane. Also has a great nightclub.

Exhibitor**Orchard Hills Country Club, Waukegan (847-336-5118)**

—Hard to find more open fairways in Lake County. Definitely not one of the hardest courses in the area, but a nice 18 hole course for those that shoot in 100's.

Pine Meadow Golf Club, Mundelein (847-566-4653)

—The year Pine Meadow opened, it was named the best new public course in Illinois by one of the premier golf magazines in the nation. The reputation has remained with Pine Meadow over the years, as it remains on the top courses in Lake County. Sister club to Cog Hill—home of the Western Open—, Pine Meadow is groomed by some of the best greenskeepers in the Chicagoland-area.

Exhibitor**Renwood Golf Course, Round Lake Beach (847-546-8242)**

—Few courses have changed as much over the past few years as Renwood. A new clubhouse, new driving range and a modified course layout, Renwood continues to get better as it gets older. Nicely priced, especially for Round Lake resident, Renwood is a great value, as well as a challenge.

Exhibitor**Shepherd's Crook, Zion**

(847-872-2080)—Far and away the best kept secret in Lake County. This is a fantastic golf course and usually runs less than \$40 a round. Comparable golf courses in Illinois go for \$80+. Nice scenery, fast greens and excellent fairways. If you haven't yet played Shepherd, add it to your list.

Steeple Chase Golf Club, Mundelein (847-949-8900)

—Another one of those courses that you don't drive by very often, as it is tucked away behind Countyside on Hawley in Mundelein. This is a very nice course, however, and should be thought of when planning your next outing. Nice fairways, good course.

Exhibitor**Stonewall Orchard, Grayslake**

(847-740-4890)—Home of the 2003 US Open local qualifier tournament. If that doesn't show what kind of course Stonewall is, I don't know what would. Despite being just a couple of years old, Stonewall has shot right up the charts to become many golfers' favorite club. Perfect greens and fairways, Stonewall is not the cheapest course in the area, but definitely worth the money as one of the absolute best. Ranked 5th best public course in Chicago by Golf Digest this spring.

Exhibitor**ThunderHawk Golf Club, Beach Park (847-367-6640)**

—A few years ago, three new golf courses opened up that set a new standard for Lake County golf. Stonewall Orchard, White Deer Run and Thunderhawk. The gem of the Lake County Forest Preserve courses, no course in the area can match the wildlife views offered by Thunderhawk. Voted "America's Best Public Course" in this year's Golfweek magazine rankings.

Village Green Country Club, Mundelein (847-566-7373)

—Another forgiving golf course, where a horrible slice won't kill your chance at a par. If you are an average weekend golfer, this club may be the answer. Not too many spots for trouble, this is your best chance to break 90. Fun course.

White Deer Run Golf Course, Vernon Hills (847-680-6100)

Ranks with the best in Lake County. Nicely laid out, good fairways, satellite-global positioning system on carts let you know your exact yardage to the pin, water and all hazards. Already a top five course in the area in just its first few years.

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Choosing the right golf clubs

Various shafts, club head compositions and designs make it possible to select the right combination to suit every individual's golf game. Here is an overview on everything needed to know in order to fit up with a set of golf clubs.

Cast Irons

Cast irons have a cavity back construction, also known as perimeter weighted irons, most of the club head weight is on the outside of the head. They tend to have a larger sweet spot because it puts more weight on the edges of the club face.

Beginners who tend to miss-hit the ball more often would benefit from cavity back/perimeter weighted irons because they are more forgiving.

Forged Irons

Forged Irons have no special weight distribution on the back of the club head. The center of gravity is in the center of the club head, most forged irons also have the weight higher in the face, allowing the advanced player to better control trajectory. Forged irons are less forgiving than cavity back irons and are therefore recommended only for more experienced players.

Choosing the right clubhead size

Standard

Similar to the smaller sizes of traditional clubs, however they are better suited to a more advanced player as the size of the sweetspot is smaller, therefore Standard size clubs will be less forgiving on off centre hits.

Midsized

Midsized are a combination of traditional and oversized irons, they offer a bigger sweetspot than standard clubs so they are more forgiving for the mid-high handicap golfer. They are easier to handle than the oversize clubs.

Oversized

Oversized club heads have an even larger sweetspot than the midsized clubs. Oversized irons are more difficult to control for a low handicap player.

Recommended for High handicap golfers or seniors as they are more forgiving on off centre hits.

Choosing the right clubhead material

Stainless Steel

Most cavity-back irons are cast iron, which makes them good for less-advanced players looking for durability and consistency. Although many of today's cast golf clubs can offer similar, if not better playability than forged. Forged irons are made of a softer steel, which provides better feel to more advanced players.

Titanium

Titanium tends to be a lot lighter than Cast iron and Steel, therefore heads are made larger than traditional standard which in turn provides more forgiveness on miss-hits, the draw back is that Titanium is more expensive than steel.

Choosing the correct shaft

Steel Shafts

Steel shafts are stronger, more durable and generally less expensive than graphite. They have greater consistency from shaft to shaft because they go through a more advanced manufacturing process. Steel shafts offer more control, but require a faster swing speed to generate the same distance as graphite.

Recommended for stronger players who could use a little extra control in their game.

Graphite

Lighter than steel, and can be made in many more variations, making it easier to select a shaft best suited to your game. They are generally more expensive than steel and less durable. Lighter weight provides greater swing speed for more power, but it sacrifices control due to the flex generated during the swing.

Need more distance on shots? Get graphite shafted irons.

Flex

- Beginners and players with less powerful swings will benefit from a more flexible shaft.
- An average player has a swing speed of 75-90 mph, and should look for a regular shaft
- Players with powerful swings - in the 90-110 mph range - should purchase a stiff or firm shaft. This will provide a stiffer club for more control.



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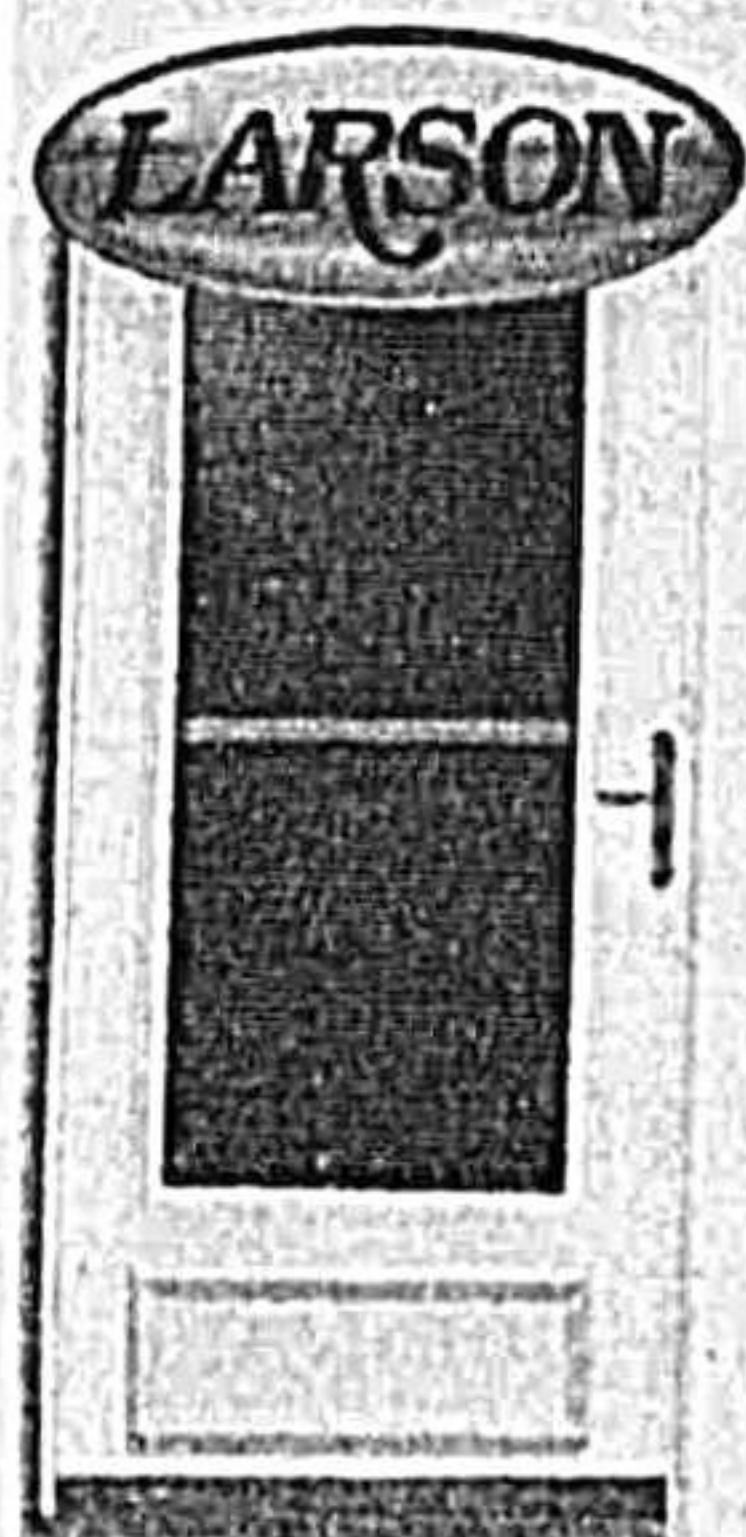
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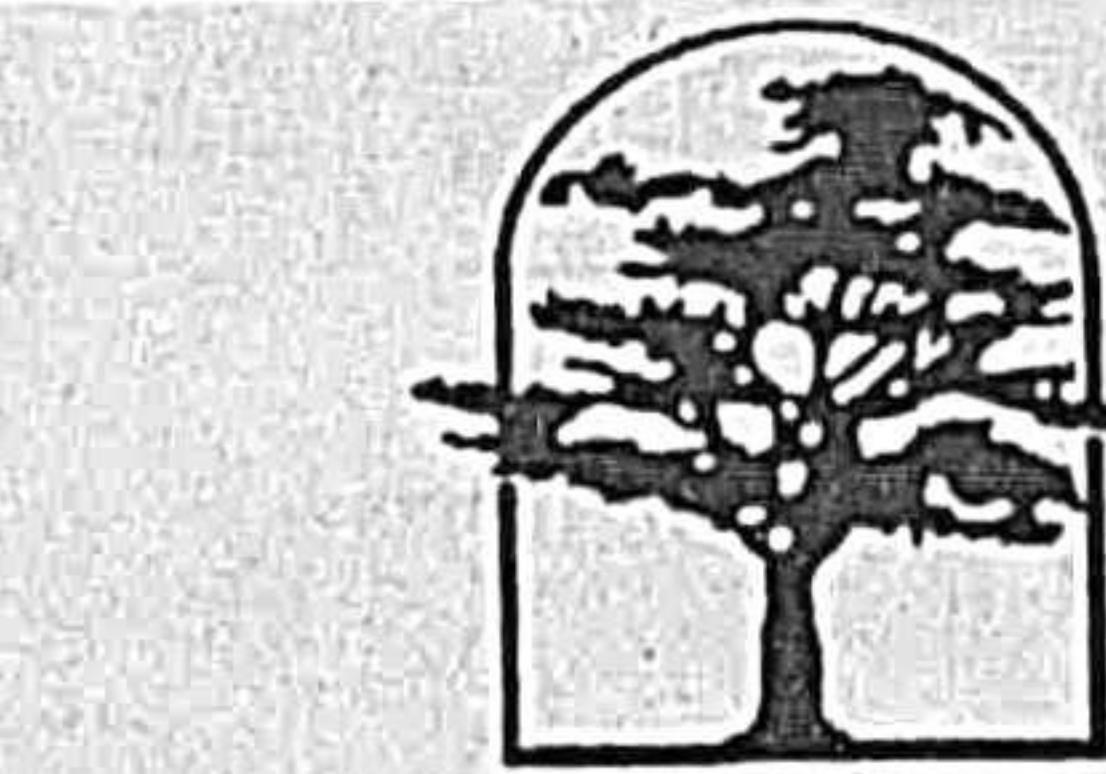
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This Valentine's Day, forget the chocolates

Toss that box of chocolates! Forget the flowers! This year, why not show that special someone you really love them with these romantic and healthy alternatives?

Start the day with strawberries.

Colorful and oh-so-romantic, strawberries are packed with Vitamin C, which bolsters the immune system. Serve them with low-fat fruit yogurt and a cup of green tea instead of coffee. Green tea contains powerful blood-thinning agents called flavonoids, which can reduce the risk of dangerous blood clots by

60 percent.

Take a yoga class together. Yoga refreshes, relaxes and restores. It increases strength and flexibility. Enthusiasts even claim yoga positively affects your sexual drive! So what are you waiting for?

Give and get a massage. Splurge on a bottle of fragrant massage oil infused with jasmine. Jasmine is a relaxing, sensuous, and alluring scent. Rub those achy shoulders and backs. You'll be steaming up the room in no time!

Get away for a healthy weekend. Rather than stay at home, venture to a quiet and cozy bed and breakfast or spa where you can spend the weekend hiking, cross-country skiing, or mountain biking.

Spice it up in the kitchen. Cook a delicious low-fat, low-calorie meal together. Experiment with healthy cuisine from around the world. Add some real spice, too! Onions, garlic, and ginger are rich in compounds that destroy viruses and bacteria.

Indulge in a glass of red wine. Rather than beer or other alcoholic beverages, opt for a glass of red wine. Red wine is rich with anti-oxidants called phenolics, and red wine drinkers have a 50% lower risk of diabetes.

Single? Take a group exercise class. Exercise classes are not only very motivating, they are a great way to meet new friends who share a common interest in exercise and health. Treat yourself to new workout attire

while you are at it!

Buy your soulmate a new pair of running shoes. Over time, running shoes wear out. The soles no longer act as shock absorbers and the shock gets passed along to your bones and joints. A brand new pair of running shoes is a welcome fitness gift and will help prevent injuries.

Go dancing. That's right, dancing is a great way to burn calories together. Try the twist, the foxtrot, or—if you are daring—the tango, the most romantic of all dances. Want another reason to put on your dancing shoes? Dancing can burn over 300 calories per hour!

Whatever you do...don't forget a valentine's card! While non-traditional ideas are great fun and can be healthy too, don't put yourself under needless stress by forgetting to give your special someone a Valentine's Day card! Love can be a tonic for all of life's challenges, so don't take it for granted.

FROM PAGE B20

SINGER

school has some sort of policy for protecting and watching kids carefully. If they don't, be involved in organizing one. Remember, it only takes a second. If a policy is in place and playgrounds are watched and protected correctly, it can mean a lot of difference.

11. If you are an older girl or have an older daughter, recommend no walking alone, if at all possible. Keep a cell phone at all times, but don't be talking on it without looking around you when you are walking by yourself. On your cell phone, before you leave to go to your car, dial in 911 and have your finger on the send button as you walk to your car so if anything happens, you don't need to stop and dial. Be vigilant always and check out legal protection devices. I stress LEGAL protection devices. At some sport shoe stores they have pepper spray for joggers or hikers who might be attacked by animals. The problem with anything that is not considered a legal protection device in this nutty society, is if you hurt your attacker, you will be prosecuted. Makes no sense at all, but it's the way it is. Always walk like you are confident but get to your car quickly. The moment you get in your car, lock the doors and be on the move as quickly as you can. Always check the back seat when you get in the car and for goodness sake, never leave your car unlocked

when you get out of it.

I feel sad and somewhat nauseous writing this column. It isn't because I don't want to help people be prepared. It's just that I wish we didn't even have to be thinking about this. But we do. So we all have to be smart, vigilant and think ahead about what we do and how we do it to make sure that our child is never in that type of danger. Take the steps and make sure that your child is prepared correctly.

Dr. Singer is a Psychologist who regularly works in person with readers of this column improving kid's attention, behavior, processing and learning skills fast. She has been an ADD Coach to many kids on meds and has also trained the skills of many other labeled kids who are not on medication to take them to attention, behavior and learning heights their parents never dreamed they were capable of. Dr. Singer is starting maternity leave in March and is now scheduling people for June evaluations for the attention/behavior improvement program. The schedule is filling fast so if you want to use the summer to get your child on track for next year, call soon. For an appointment call (708) 962-2549 or (847) 231-5644. Dr. Singer's office is located in Grayslake.



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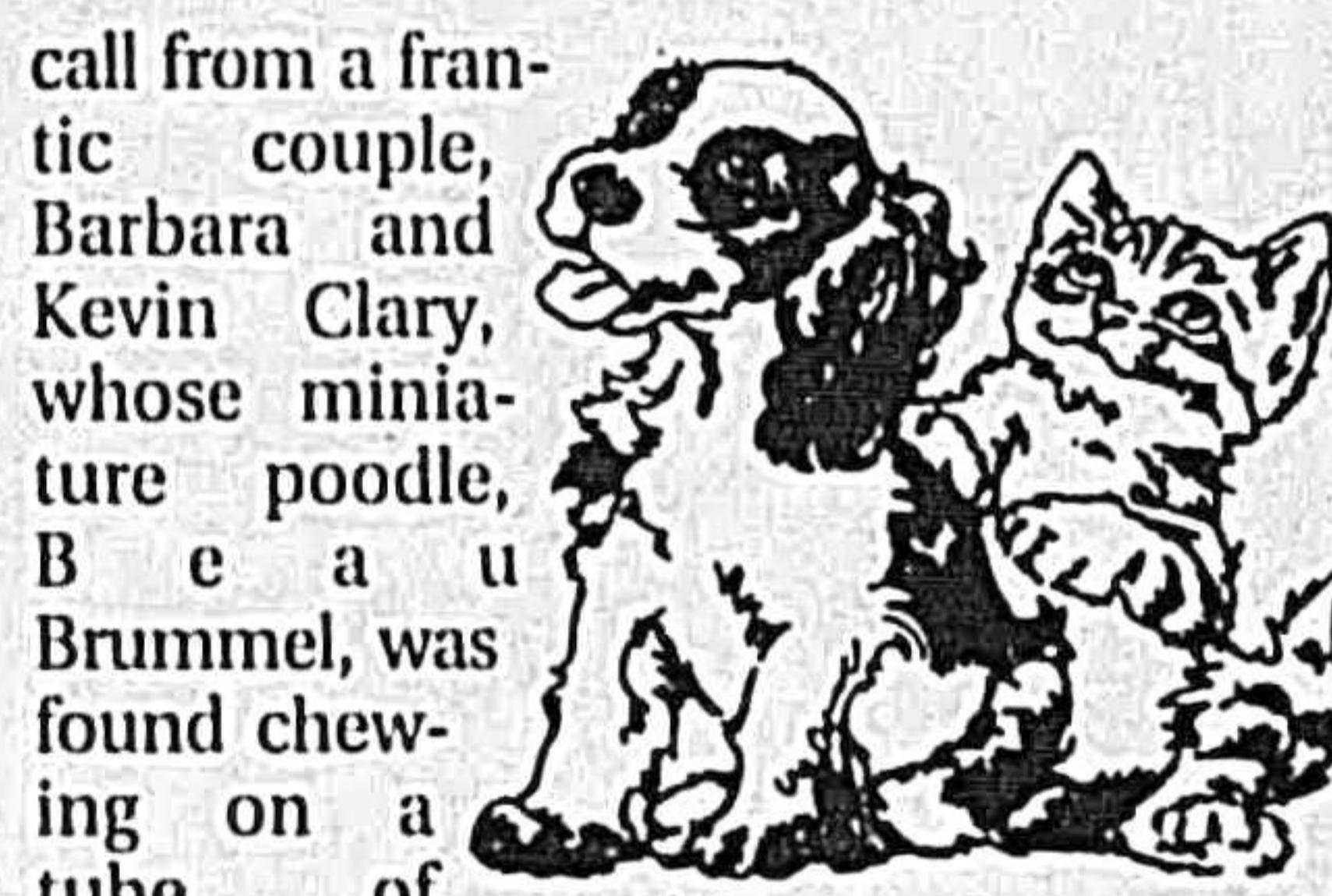
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Last year alone, the center handled over 60,000 cases. One of the cases involved a

call from a frantic couple, Barbara and Kevin Clary, whose miniature poodle, Beau Brummel, was found chewing on a tube of Efudex, a medication for humans which can be highly toxic to dogs. The couple contacted a local 24-hour veterinary clinic in their town who directed them to call the ASPCA Animal Poison Control Center. After learning what the dog ingested, the hotline veterinarian at the center instructed them to immediately go to the local clinic.

The center assigned the Clarys their own case number so that the clinic veterinarian and the hotline veterinarian could confer about diagnosis and treatment options once the animal arrived. "It is so important to spread the word about this service," commented Barbara Clary. "Every single pet owner needs to be aware that their animal can be saved with simple phone call."

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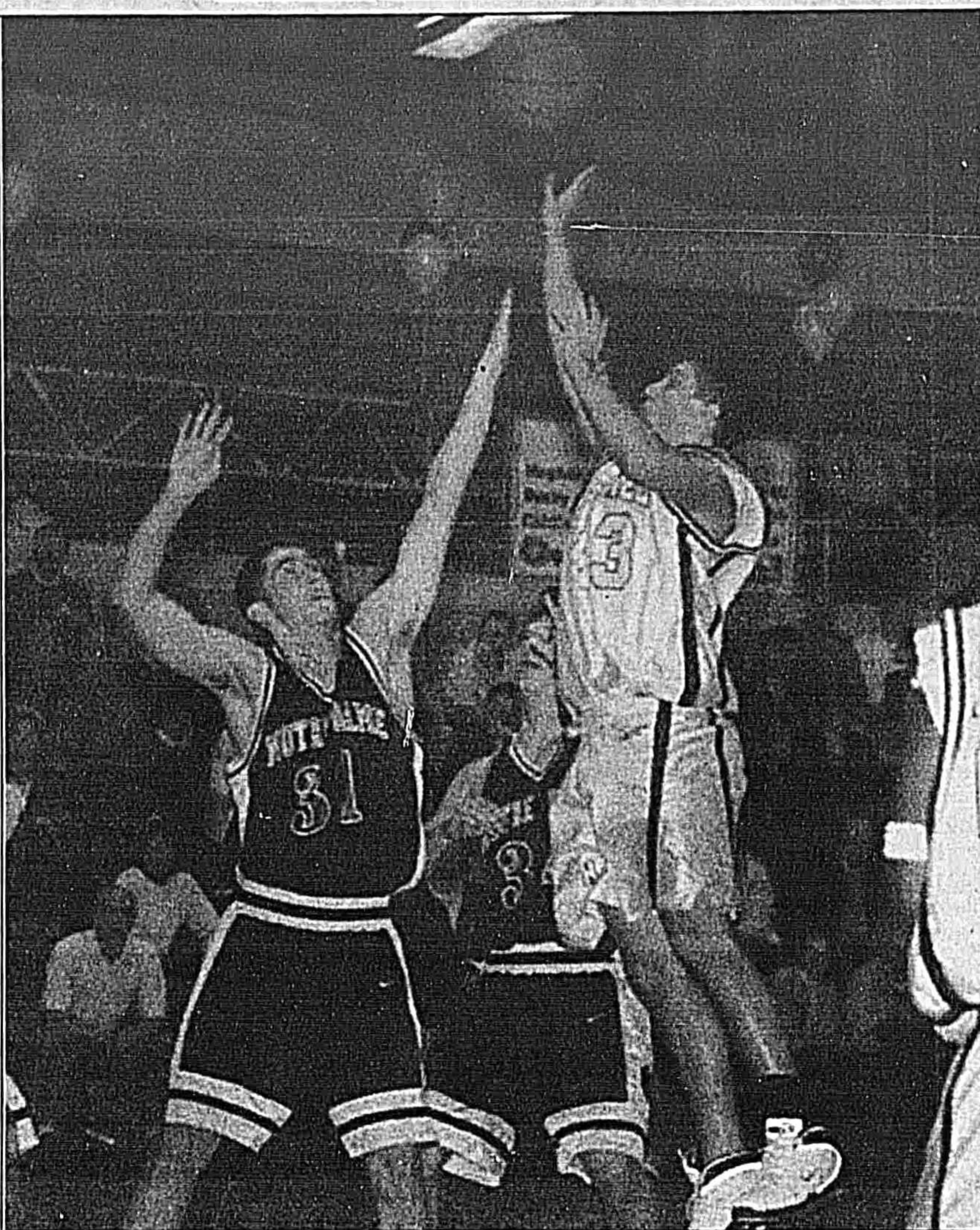
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CARMEL SPORTS NOTEBOOK



Carmel High School's Mark Venegoni takes a jump shot during a home game against rival Notre Dame.— Photo by John Dickson

Boys hoops

For whatever reason, Carmel has yet to make its annual second-half run. And with just a handful of games left, against some tough teams, it doesn't appear that the Corsairs ever will.

But that doesn't mean the team will give up, especially with the return of senior Mark Venegoni from an injured ankle.

"Him coming back is great for us," Carmel coach Joe Molloy said. "He still has some soreness, so we're trying to be careful."

Venegoni, the team's second leading scorer last season, has missed the entire season.

His first game back came against Notre Dame. He picked the right time as Carmel had its best game in several weeks, before falling short against the Dons 52-47.

"I thought we played well," Molloy said. "It was one of our best games in a while. Notre Dame just hurt us on the boards; they got a lot of second-chance opportunities."

Jack Simmons led Carmel with 12 points and five rebounds. Venegoni finished with 5 points, 6 boards and 3 assists.

The loss dropped Carmel's record to 3-17 overall and 1-8 in the ESCC.

"We've just had trouble scoring all season long," Molloy said. "We've been holding teams in the 40s or lower 50s on defense, we've just need to start putting the ball in the basket."

Carmel faces a tough stretch of games as it will travel to Arlington Heights to take on St. Viator on Feb. 13 and will take on St. Patrick in Chicago on Feb. 14.

Girls hoops

Caitlin Krombach continues to set standards for future girls basketball players at Carmel High.

The senior netted her 75th career three-pointer as she scored 25 points in a 51-39 ESCC win over Bishop McNamara. She has 25 treys this year. The old record was 63 three-pointers.

"Krombach has been great at knocking down the threes this year," said Carmel coach John Ryan.

Carmel won two more games for a 24-3, 9-1 ESCC record heading into the regular-season finale at St. Ignatius. Carmel faces the winner of the Vernon Hills-Highland Park game at Carmel's regional semifinals at 6 p.m. on Feb. 17.

Another standard was set by the Stevenson sectional's top-seeded team with its 24th win.

Carmel edged Marian Catholic 48-45 on the road Saturday with a 14-4 run in the fourth quarter.

Jenny Eckhart, a junior guard, came up big in the final stanza, scoring seven of her 16 points. Teresa Ogrinc, a junior forward, had a solid game with 12 points. Becky Smith led the defensive effort on Marian's Lauren Lacey, who scored 15 points. Krombach had seven points, including a three-pointer.

"Ogrinc really helped us with 12 points and eight rebounds," Ryan said. "The kids played great defense. We wore them down."

Krombach and Eckhart both average about 14 points per game.—Rob Backus and Steve Peterson contributed to this report

GIRLS HOOPS PAIRINGS

STEVENSON SECTIONAL

Carmel Regional

Game 1, Feb. 16—No. 14 Vernon Hills vs. No. 18 Highland Park.

Game 2, Feb. 17—No. 1 Carmel vs. Game 1 winner

Game 3, Feb. 17—No. 8 Lake Forest vs. No. 12 Deerfield

Regional Final, Feb. 19—Game 2 winner vs.

Game 3 winner

Lake Zurich Regional

Game 1, Feb. 16—No. 4 Lake Zurich vs. No. 17 Wauconda

Game 2, Feb. 16—No. 5 Grant vs. No. 9 Stevenson

Regional Final, Feb. 19—Game 1 winner vs.

Game 2 winner

Grayslake Regional

Game 1, Feb. 16—No. 2 Grayslake vs. No. 16 Round Lake

Game 2, Feb. 16—No. 7 Libertyville vs. No. 10 Antioch

Regional Final, Feb. 19—Game 1 winner vs. Game 2 winner

Zion-Benton Regional

Game 1, Feb. 16—No. 13 Zion-Benton vs. No. 15 Waukegan

Game 2, Feb. 17—No. 3 Warren vs. Game 1 winner

Game 3, Feb. 17—No. 6 Mundelein vs. No. 11 North Chicago

Regional Final, Feb. 19—Game 2 winner vs. Game 2 winner

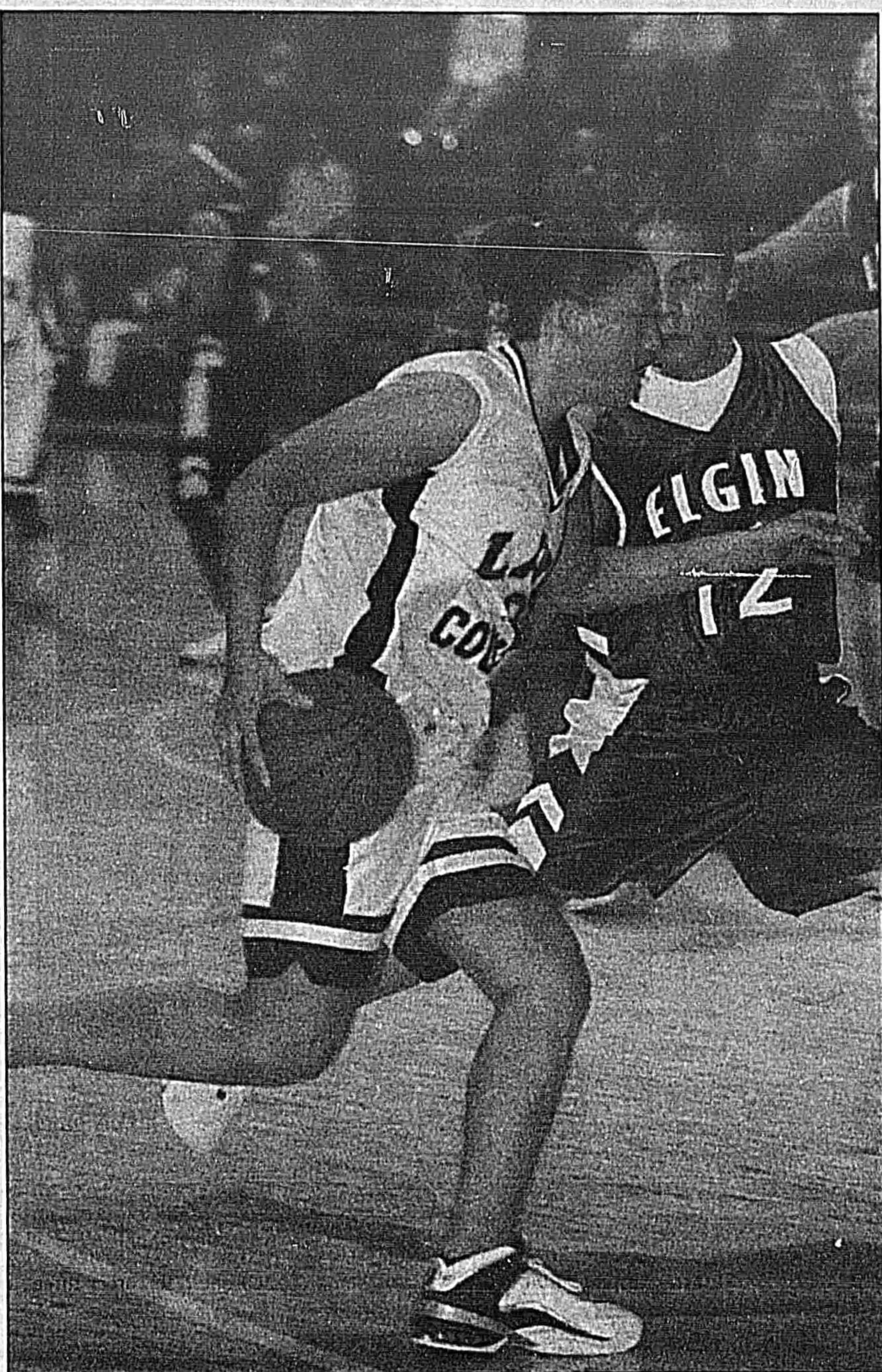
Stevenson Sectional semifinals

Game 1, Feb. 23—Carmel Regional winner vs. Lake Zurich Regional winner

Game 2, Feb. 23—Grayslake Regional winner vs. Zion-Benton Regional winner

Sectional Final, Feb. 26—Game 1 winner vs. Game 2 winner

CLC SPORTS NOTEBOOK



CLC's Erica Brown drives to the hoop in her team's 59-57 win over Elgin.—Photo by Sandy Bressner

Get set for 1st Lake County Golf Expo

Are you ready to sink a hole-in-one? Are you "itchin" to drive it to the green? Then don't miss Lake County's 2004 "Health, Sport & Golf Expo" at the College of Lake County on Feb. 21.

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was still three when Yarc hit two free throws at the 6:22 mark for a 53-50 lead.

McHenry gained a tie at 65-65 on a three-point shot with 17 seconds left. After Jones' hoop, the Scots sent the game into overtime with two clutch free throws with less than two seconds left.

Reed and a three-pointer by Harvey were the first two baskets for CLC in the extra session for a 72-69 lead.

The Lancers won despite a terrible 12-26 free throw effort.

"Free throws have been our nemesis," Chism said.

But it did not matter, at least for this night.

CLC was able to run its winning streak to four with an 88-72 win over Elgin on Tuesday.

Borror led the Lancers with 20 points and Herring added 19 points and 10 boards. Bryant Peoples (14 points, 4 assists) and Harvey (12 points, 3 assists) also had solid games for the Lancers who improved their overall record to 12-14 and their Skyway conference record to 5-5.

CLC is at Moraine Valley Feb. 12 before hosting Waubonsee Feb. 13 in a make-up game. The Lancers home regular season finale is Feb. 17 against Morton at 7:15 p.m.

Women's hoops

College of Lake County women's basketball team sought to win the second half after losing the first half badly to McHenry.

The Lancers scored 31 points in the second half, but a 13-point first half was just too much to overcome in a 63-43 loss. McHenry led 18-3 at the outset and never looked back.

"I thought we played much better in the second half. It was like a boxer who had taken a hard punch and wished to give another one back," said CLC coach Bill Braman.

Erica Moses, a freshman center from Zion, led the CLC effort with 12 points. Erica Brown and Kristin Piasecki had 10 points each. Moses had scored as many as 18 points.

"This was her first game back from an accident," Braman said of Brown.

McHenry had won 91-54 earlier. Nicole Bueksch led the way with 12 points. Johnsburg grad Lauren Martin had eight.

"We just had bad spacing and we could not get back against their fastbreak" Braman said.

The Lady Lancers were able to bounce back with a 59-57 win over Elgin on Tuesday night.

Kristin Poglayen nailed a free throw with four seconds left and Dominique Moses (12 points) intercepted the ensuing inbounds pass to seal the win. Brown led CLC (10-5, 3-5 Skyway) with 16 points and Piasecki added 10 for the Lady Lancers.

CLC is at Moraine Valley Feb. 12 and hosts Waubonsee Feb. 13 in a makeup game. The regular season finale is Feb. 17 against Morton. Game times are 5:15 p.m.—Steve Peterson contributed to this report.

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Teacher of the Month Winners

ANTIOCH
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My wonderful fourth grade teacher Miss Maliszewski is the best! She makes learning fun by letting us play math and science games. She takes time to help her students when they need it. She makes every student feel special. Miss M. makes the world and Emmons School a better place! Mallory Lynn Lukasik

FOX LAKE
Mrs. Schrank



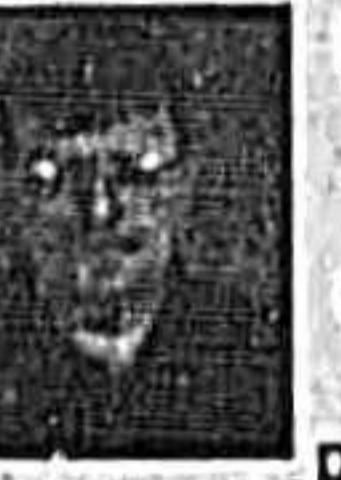
I'm writing about Mrs. Schrank. She is a teacher. She is pretty, she is nice, sweet and all the other nice things. She smells good like flowers. She teaches lots of kids. She makes kids learn. Mrs. Schrank makes lots of kids laugh. Mrs. Schrank helps people read and spell words right. Emily Cross, Lotus School

FOX LAKE
Mrs. Anderson



The reason Mrs. Anderson from Stalton School should be Teacher of the Month is because no matter how busy she is, she always has time for a student. She is someone all students look up to. Even though my teacher hasn't been to my birthday, she's still the best teacher to me! Kelly Ann Heitzenrater

GURNEE
Mr. Goodwin



I would really like to nominate my 5th grade teacher Mr. Goodwin. I think my teacher should be picked because I look up to him and I can talk to him about almost anything, not just school and home. He is a great role model, friend, and he makes learning fun. Victoria Moran, O'Plaine School

LAKE VILLA
Miss. Thompson



I think Miss. Thompson should be Teacher of the Month because she is the best teacher ever. She gives up her time to help us out. She is always there for us and never gives up on us. She teaches really well, so we hope that you'll pick Miss. Thompson. Clare Hanks & Morgan Gamble

LINDENHURST
Mrs. Lawrence



Mrs. Lawrence had a baby right after her husband went to war. She helps me when I raise my hand and teaches different ways to learn and have fun. She was very happy that her husband came home. Mrs. Lawrence makes every day so special. Kelsey Kohler, B.J. Hooper S.

LINDENHURST
Mr. Atteberry



Mr. Atteberry is the best teacher because I have many problems in Social Studies and he takes a lot of time to explain the assignment he gives me. He also challenges himself to teach other ways so his students can understand. Ryan Hergott, Millburn School

ROUND LAKE
Miss. Weinreiss



Miss. Weinreiss is my favorite teacher because she's kind, funny, cares about her students, pretty, smart and you can totally count on her to do an awful lot of things and deal with her class at fourth hour. Believe me, if she can deal with our class, she can deal with ANYTHING! Jennifer Miller, Magee Middle S.

ROUND LAKE
Mrs. O'Neil



Although Mrs. O'Neil (center) teaches a foreign language, she is not foreign in my heart. She is a great teacher, a loving mom and a great friend. She is truly one of a kind. Karen Foresta, Round Lake H.S.

ISLAND LAKE
Mrs. Lochen



I think my teacher should win because she cares about her class so much that she celebrates the differences in the children. That makes each one of us feel special. She makes learning fun by making fun activities that go along with what we learn. Chloe Nissen, Cottontree Creek S.

WAUCONDA
Mr. Grandt



Mr. Grandt! He is cool and nice. If we need help he helps. He is funny. He listens to us. He gives us extra credit. He helps us understand what is happening. He makes us feel good. He respects us. He makes stuff fun. He always has time to help. He rocks!!! Ashley Gertz, Wauconda Grade S.

VERNON HILLS
Mrs. Handcock



My teacher Mrs. Handcock is the best teacher ever. I am 6 years old and have cancer for the 3rd time. She mails me cards, pictures of my classmates, sends homework to St. Jude's in Memphis, TN every week. Sierra Josephson

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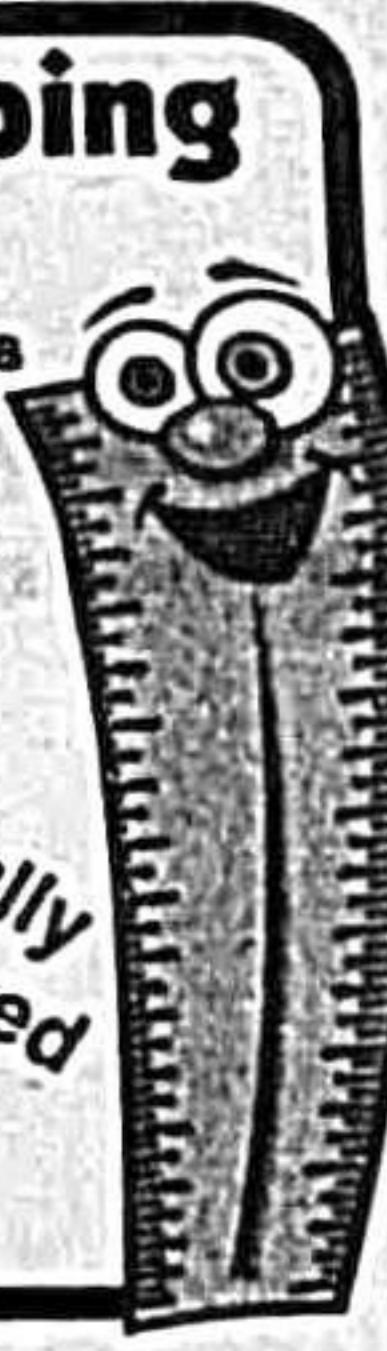
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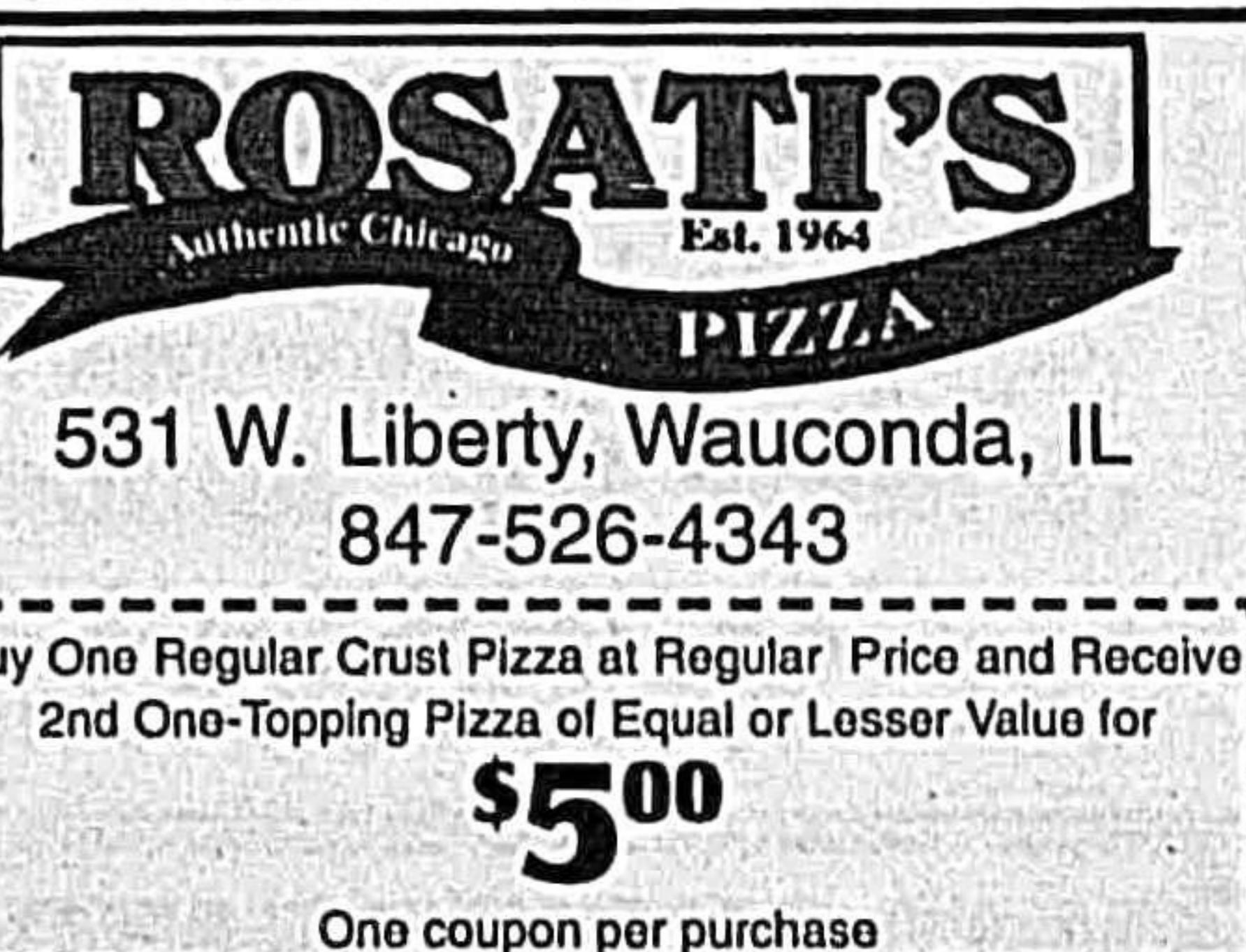
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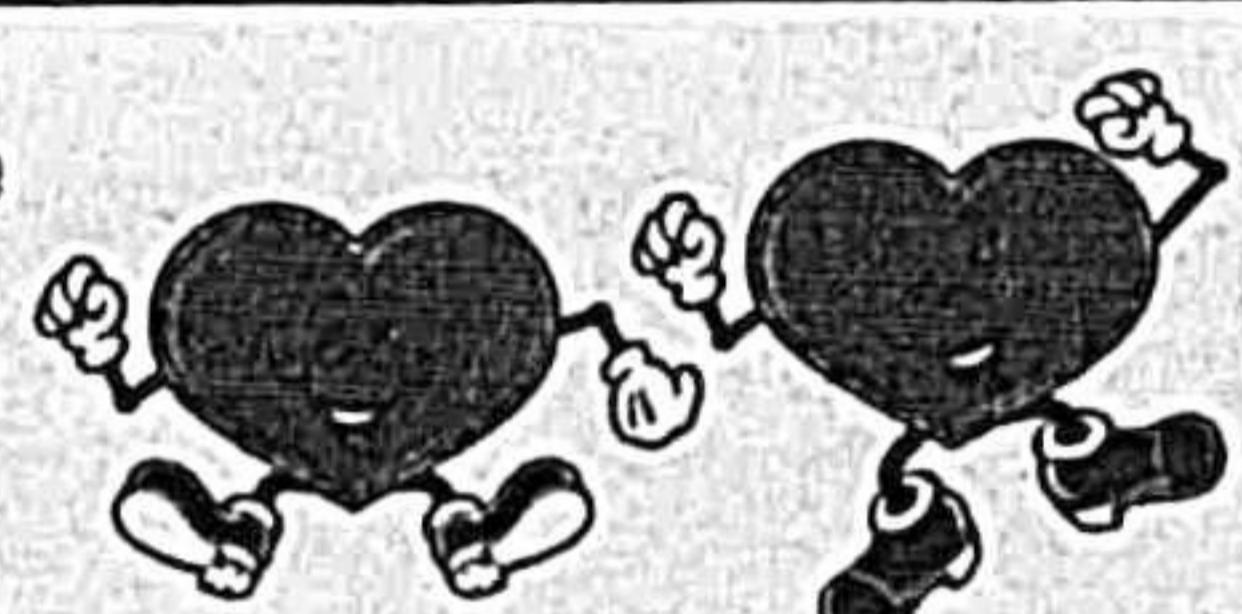
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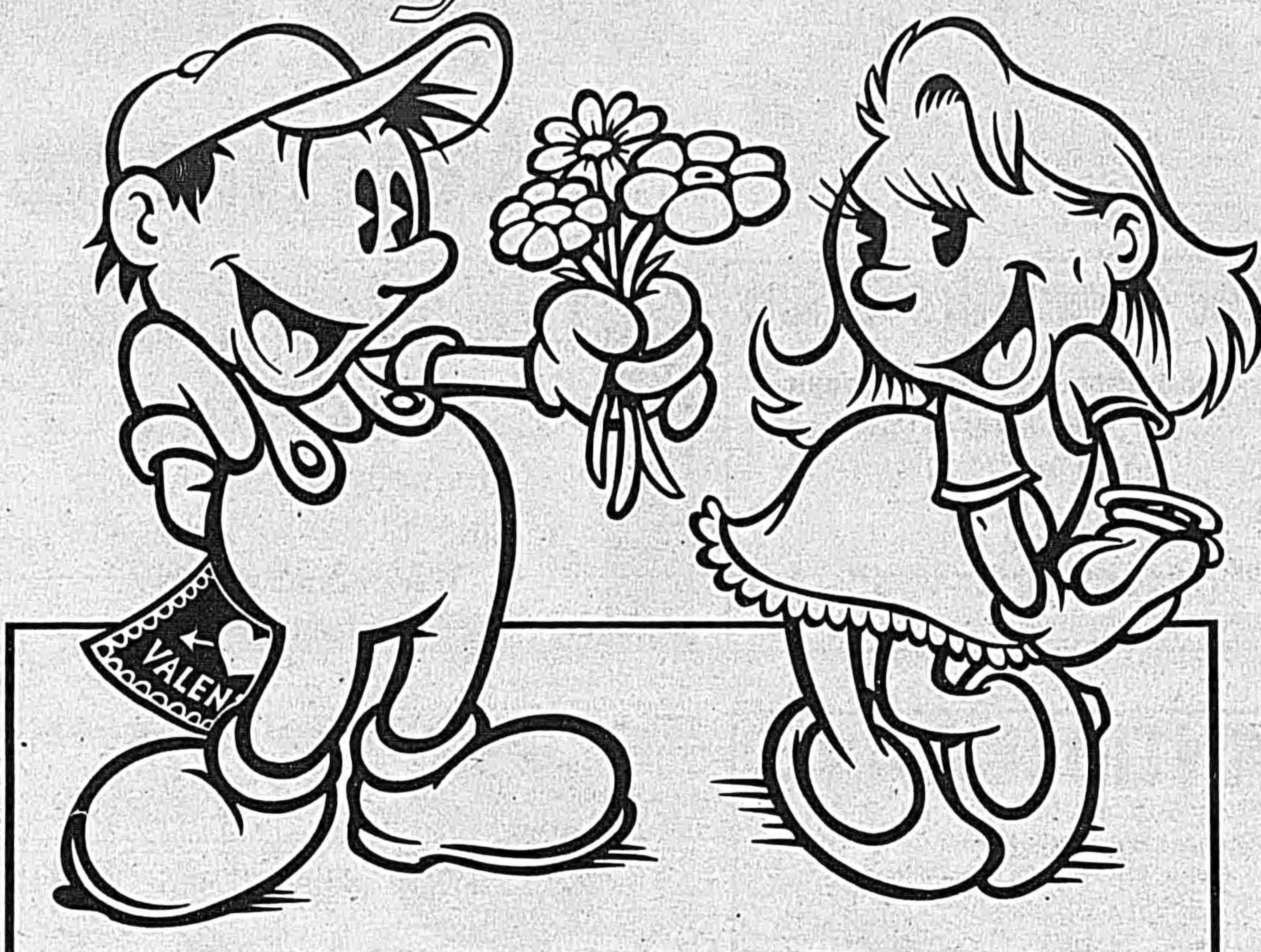
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OBITUARIES

February 13, 2004

Lakeland Newspapers/ B29

Shelley L. Jensen-Venegas

Age 47 of Trevor, Wis., passed away Thursday morning Feb. 5, 2004 at her home. The former Shelley Lyn Jones was born on Jan. 8, 1957 in Aurora, the daughter of Diane Lauer of Salem, Wis. and Samuel and Diane Naggs Jones. On Sept. 13, 1999 in Kenosha, Wis., she was united in marriage to Gabel Venegas. She lived in Aurora before moving to Antioch, Silver Lake, Wis. and then to Trevor, Wis. She formerly worked in the assembly department for Circuit Systems in Antioch and was self-employed doing housecleaning.

She is survived by her husband, Gabel; a daughter, Rachel Jensen of Trevor, Wis.; a son Travis Jensen; a grandson, Alden Jensen; her mother, Diane Lauer of Salem, Wis.; her father, Samuel Jones of Grand Junction, Colo.; a sister, Sheree (Don) Komes of Hinckley and three brothers, Scott (Shirley) Jones of Trevor, Wis., Stanley "Buzz" (Mary) Jones of Sandwich and Jeffrey (Tammy) Jones of Antioch.

A Memorial Service was held at 4 p.m., Feb. 8 at the Haase-Derrick-Lockwood Funeral Home, in Twin Lakes, Wis. Memorial remembrances may be made to the VNA Hospice, 500 Interchange Dr., Lake Geneva, Wis. 53147.

Hazel Justice (nee Sheehan)

Age 90, of Elburn, passed away Jan. 26, 2004. Hazel was born March 24, 1913 in Lake Villa to Daniel and Blanche Sheehan. On June 14, 1933 she married Milo John Justice in Antioch.

Hazel is preceded in death by her husband, her daughter Joan and nine brothers and sisters. She is survived by one son, John (Carolyn) of Elburn, six grandchildren, and five great-grandchildren.

Funeral arrangements were made by Conley Funeral Home in Elburn.

Robert 'Bobby' Bird

Wednesday Feb. 4, 2004 at Aurora Medical Center, Kenosha, Wis. He coached Antioch Youth Baseball for 10 years and had worked for ComEd in Waukegan as a Unit Operator. On Aug. 2, 1980 he married Shelly Soulak in Waukegan.

Survivors include his wife, Shelly; his children, Robert "Bobby" and Chelsie; two sisters; a brother, and his nieces and nephews whom he loved dearly. He is preceded in death by his parents, Mike and Peggy Bird and one sister.

Visitation was held from 11 a.m.-3 p.m., Feb. 7, at the Strang Funeral Home of Antioch. Services and interment were private. In lieu of flowers, those desiring may make donations to a family memorial for his children.

Georgiana M. O'Malley

Age 86 of Antioch, passed away Thursday, Feb. 5, 2004 at Rolling Hills Manor, Zion. She was born, the daughter of the late Joseph and Frances Sibal. She and her late husband, George Jaro, owned and operated the Yacht Club Bohemia in Fox Lake and in the early 1950s purchased the Nor Shore Resort in Antioch, retiring in the late 1960s.

Survivors include her daughter, Diane (Donald) Poulter of Antioch; two grandchildren, and four great grandchildren.

In addition to her parents, she is preceded in death by her first husband, George "King" Jaro; her second husband, Walter Miller and her third husband, Patrick O'Malley.

Funeral services with Mass of Christian Burial was held at 10 a.m., Feb. 7, at St. Peter Church in Antioch. Entombment was at 12:30 p.m. in the Chapel in Woodlawn Cemetery in Forest Park. Visitation was held from 4-8 p.m., Feb. 6 at Strang Funeral Home of Antioch. In lieu of flowers, those desiring may make donations to the Antioch Rescue Squad in her memory.

Stanley Joseph Sedlauskas

73 years old of Lake Villa, IL, passed away Sunday Feb. 8, 2004 at his home. He was born the son of the late George and Magdaline Sedlauskas. Stan had served as a Sergeant in the U.S. Army during the Korean Conflict. On Aug. 27, 1949 he married Dorothy Mae Redding in Waukegan, and she preceded him in death on Nov. 18, 2003.

Survivors include her son Michael of Lake Villa; a daughter Kathy (Douglas) Solheim of Trevor, Wis.; two grandchildren; many nieces and nephews; and dear

friend Betty Ogden of Burlington, Wis. In addition to his wife he is preceded in death by two sisters.

Funeral services with Mass of Christian burial was held 10 a.m., Feb. 11, at Prince of Peace Church in Lake Villa. Interment with military honors was in Highland Memorial Park Cemetery, Libertyville. Friends called at the Strang Funeral Home of Antioch from 4-8 p.m., Feb. 10.

Elaine Catherine Howsam

Age 44, a resident for over 20 years, formerly of Round Lake Beach, died Sunday, Feb. 8, 2004 at the Winchester House in Libertyville. She was born on Feb. 21, 1959 in Evanston to Kenneth S. and Gladys (nee Bedony) Howsam. She attended Round Lake Community High School, and had enjoyed music and playing cards. She had been formerly employed with Baxter Hospital Supply Manufacturing Co. in Deerfield.

Survivors include, her mother, Gladys Howsam of Round Lake Beach; her brothers and sisters, Larry (Patricia) Howsam of Round Lake Beach, William Howsam of Round Lake Beach, Ronald (Cynthia) Howsam of Spring Grove, Sandra Howsam of Round Lake Beach, and Lisa Howsam of Round Lake Beach; aunts, uncles, nieces, nephews, great nephews, cousins and other relatives also survive. She is preceded in death by her grandparents, her father, Kenneth S. Howsam in 1989 and by a brother, Gregory Howsam in 1976.

Visitation was on Feb. 12 from 5-9 p.m. at the K. K. Hamsher Funeral Home in Fox Lake (The Chapel on the Lake). Funeral Service was conducted on Feb. 13 at 10 a.m. at the funeral home with the Rev. Richard Valkanet officiating. Burial followed at the Avon Cemetery in Grayslake. Memorials made out to the family will be appreciated c/o K. K. Hamsher Funeral Home, P.O. Box 36, Fox Lake, IL 60020.

Helen C. Symanski (nee Abbott)

Age 89, a resident of Fort Myers and Cape Coral, Fla. and a longtime resident of Ingleside and Fox Lake and the Lakeland Apts., died Monday, Feb. 9, 2004 in Fort Myers, Fla. She was born on July 2, 1914 in Verona Island, Maine, and had been formerly employed at the Grant Community High School as an executive secretary. She had served as treasurer for the Fox Lake School District, including Gavin, Grant and Big Hollow Schools and was a member of the Fox Lake Baptist Church.

Survivors include, her son Paul O. (Linda) Symanski of Cape Coral, Fla.; her daughter, Jeanne E. (John) Gegenheimer of Cape Coral, Fla., with whom she had previously made her home; 10 grandchildren; four great grandchildren; and one sister, Francis Foster of Maine. She is preceded in death by her husband Elmer Symanski in 1971 and by a granddaughter.

Funeral Service will be conducted at 1 p.m. on Wednesday, Feb. 18 at the K. K. Hamsher Funeral Home, 12 N. Pistakee Lake Rd., Fox Lake (The Chapel on the Lake) (one block west of Route 12-1/2 block north of Grand Avenue) with Pastor Chuck Vitel officiating. Friends are invited to arrive for visitations on Wednesday, Feb. 18 from noon through the time of funeral services. Burial will follow at Grant Cemetery in Ingleside. Memorials for the Fox Lake Baptist Building Fund, c/o Fox Lake Baptist Church, 27430 W. Nippersink Rd., Fox Lake, IL 60020 or for the American Cancer Society, 100 Tri-State International, No. 125, Lincolnshire, IL 60669 will be appreciated by the family.

Fred W. (Fritz) Lechner

Age 82, a Fox Lake area resident and former businessman in Fox Lake, died at the Northern Illinois Medical Center (NIMC) in McHenry on Saturday, Feb. 7, 2004. Mr. Lechner had lived in the Fox Lake area since 1968, and had been a resident of Chicago before coming to the Fox Lake area. He was a veteran of WWII having served in the U.S. Army in the Signal Corp. He was a longtime member of the American Legion Post 703 in Fox Lake; a former employee with the Ill. Bell Telephone Co. and later with the Chicago Botanical Gardens in Chicago for over 10 years. In Fox Lake, he owned the Lechners Tackle Box on South Route 12 and also was the former owner of the H&R Accounting office in Fox Lake.

Survivors include his wife, Jean C. Lechner (nee Moyer) with whom he was united in marriage on March 14, 1941 at Chicago; two daughters, Bonnie (Mervin) Beyersdorf of Mundelein and Judi (Jerry) Vicher of Draper, Utah; three grandsons, Bryan (Rosemary) Beyersdorf of Round Lake, Richard (Christy) Spooner of California and Robert Spooner of Mundelein; two

granddaughters, Becky (Jon) Brakel of Wheeling and Barbara (Kevin) Hunt of Gurnee; two great grandsons, Ryan Hunt and Freddy Beyersdorf; six great granddaughters, Maddisen, Jordan, Gina, Marissa, Cali and Hannah and other relatives survive. He is preceded in death by one brother, Norman Lechner.

Memorial Services will be conducted on Saturday, Feb. 14 at the K. K. Hamsher Funeral Home, 12 N. Pistakee Lake Rd., Fox Lake (The Chapel on the Lake) at 11 a.m. and friends are welcome to the Funeral Home from 10 a.m. that morning. In lieu of flowers the family will appreciate memorials for Cali Spooner's Special Ed. Class, Reilly School, 24171 Pavillion Mission, Vigor, California, 92692 c/o Susie Ferrara Special Ed Class.

Hannah Mallon (nee Billings)

Age 76, passed away on Jan. 31 at Northern Illinois Medical Center (NIMC). She was a longtime resident of Ingleside/Spring Grove; beloved wife of the late Ivan Mallon; loving mother of Barbara (Dennis) Bates, Sharon (Jerome) Jansen and Lori (Douglas) Campbell; proud grandmother of Nathan Jansen, Brittany Jansen, Tarryn Jansen, Ryan Bates, Carly Bates, Tyler Campbell and Justin Campbell; beloved sister of Marguerite Neff, Lawrence Billings and Isabelle Wyman. Hanna will be remembered by her friends and family for her perseverance, humor and courage. Her loving care for us all will be greatly missed. She truly enjoyed life and lived it to the fullest, and we will try to make her proud. Such a little woman to leave such a large hole; she will always remain in our hearts. Funeral arrangements were handled by the Elegy Cremation and Memorial Services.

Patricia E. Edors (nee Page)

Age 63 of Wauconda, died Monday, Feb. 9, 2004 at Good Shepherd Hospital in Barrington. She was born April 20, 1940 in Oak Park. Patricia retired as director of Senior Services for Wauconda-Island Lake and was a parishioner of Transfiguration Roman Catholic Church in Wauconda.

She was the beloved wife of Charles; loving mother of Michelle (Rodney) Washburn of New Baden, Michael (Dawn) Edors of Crystal Lake and Margaret Edors of Chicago; devoted daughter of the late Melvin and Margaret Page of Oak Park and dear sister of the late John and Richard Page.

Prayers started at 11:30 a.m., Feb. 13, at the Kisselburg-Wauconda Funeral Home in Wauconda Funeral and continued to Transfiguration Church in Wauconda at noon. Interment was at Wauconda Cemetery. Visitation was from 5-9 p.m., Feb. 12 at the funeral home.

Helen Hall (nee Behm)

A resident of Libertyville, beloved mother of Donna Jean Freiburger, was called to her heavenly home on Feb. 4, 2004. She was born to the late Marcus and Catherine (Lenzen) Behm in the family home on Peterson Road in Fremont Township. She retired in 1977 from the Naval Public Works Center in Great Lakes where she worked as a telephone operator.

She is survived by her daughter, Donna Jean Freiburger; brother; sisters; sister-in-law; dear friends, Edward Dudek, Rita Mahoney, among many others; and many other relatives. Helen is preceded in death by her brothers, sisters, son-in-law, George Freiburger and her former husband Henry II Hall.

Friends of the family joined them for the visitation on Feb. 6 from 4-8 p.m. at Strang Funeral Chapel and Crematorium Ltd., in Grayslake. A Mass of the Resurrection was celebrated on Feb. 7 at 10 a.m. at St. Gilbert Catholic Church in Grayslake. Interment was held at St. Mary Cemetery in Fremont.

Harold E. Olson

Age 84 of Prairie View, passed away Thursday, Feb. 5, 2004 at the Winchester House in Libertyville. He was a veteran of the U.S. Navy, having served in the Pacific Theatre during WWII. Harold was a former employee of the Bowman Dairy Company and later at Stevenson High School.

Surviving are his wife of 60 years, June Olson; daughter, Nancy Telling on Green Oaks; five grandchildren; two great grandchildren and his sister.

Funeral Service was held at 11 a.m., Feb. 10 at the First Presbyterian Church in Libertyville with the Rev. Marcia Mount Shoop, officiating. Interment followed at Lakeside Cemetery. Visitation was from 5-8 p.m. on Feb. 9 at the Burnett-Dane Funeral Home in Libertyville. In lieu of flowers, contributions to the First Presbyterian Church would be appreciated.

Joanna Goble

Age 88 of Vernon Hills, passed away Wednesday, Feb. 4, 2004 at Lake Forest Hospital.

Surviving are three children, Jo Ann (Carlisle) Davis of Lake Forest, Paul (Kathy) Goble of Johnstown, Penn., and Paula (Brian) Wark of Clinton, Twp., Mich.; and three grandchildren. She is preceded in death by her husband; Edward Goble; by a sister and a brother.

Mass of Christian Burial was held at 11 a.m., Feb. 7 at St. Blaise Church in Sterling Heights. Interment followed at Resurrection Cemetery. Arrangements were

handled by the Burnett-Dane Funeral Home in Libertyville.

Karen F. Evans

Age 57, a resident of Libertyville Township, passed away Friday, Jan. 30, 2004 at Lake Bluff.

Surviving are four children, Benjamin (Julie) Evans of Louisville, Ky., Bronwyn (Freddy) Rolan of Hanover, NH., Erin (Daniel) Earp of Tyaskin, MD and Owen Evans of Palatine and one grandchild.

Private services were held from the Burnett-Dane Funeral Home in Libertyville.

Susan Morrison

Age 91 of Libertyville, passed away Thursday, Feb. 5, 2004 at the Libertyville Manor.

Surviving are her children, Douglas (Claire) Morrison of Palos Heights and Margaret (James) Gustafson of Libertyville; six grandchildren; eight great grandchildren; a sister and a brother. She is preceded in death by her husband Alexander Morrison on July 19, 1998.

Funeral Service was held at 4 p.m., Feb. 7 at the Burnett-Dane Funeral Home in Libertyville. Visitation was for an hour prior to the service on Feb. 7. Memorial contributions can be made to the Alzheimers Assn. in her memory.

Matthew Luis Marino

Age three months, of Mundelein, passed away Monday, Feb. 2, 2004 at his home with his loving family by his side. He was born Nov. 9, 2003 in Evanston.

Surviving are his parents, Alexander and Sofia Marino of Mundelein; his brother, Nicholas and sisters, Carlissa and Marissa. Also surviving are his grandparents, Jose and Angela Cazares of El Paso, Tex. and Luis and Elena Marino of West Palm Beach, Fla.

Funeral Service was held at 11 a.m., Feb. 5 at St. John's Lutheran Church in Libertyville with Pastor Martin E. Schoell officiating. Interment followed in the Holy Innocents section at Ascension Cemetery in Libertyville. Arrangements were handled by the Burnett-Dane Funeral Home in Libertyville.

Estelle W. Holewa (nee Malizewski)

Age 85, a resident of Fox Lake, died Monday, Feb. 5, 2004 in her home. She was born to Anton and Mary (nee Zak) Malizewski. She was a former employee with International Manufacturing Co. in Spring Grove.

Survivors include her son, Robert (Yvonne) Holewa of Bartlett; her daughter, Wanda Baglio of Fox Lake with whom she made her home; her grandchildren; her great grandchildren; brother and a sister. She is preceded in death by her parents; her husband, Walter M. Holewa on March 19, 1993 by four brothers and a sister.

Visitation was on Feb. 5 from 3-9 p.m. at the K. K. Hamsher Funeral Home in Fox Lake (The Chapel on the Lake). A Catholic Funeral Mass was celebrated on Feb. 6 at 10:30 a.m. at St. Bede Catholic Church in Ingleside. Burial followed at Ascension Cemetery in Libertyville.

Dwaine C. Gunnarson

Age 83 of Lake Villa, passed away Saturday, Feb. 7, 2004 at St. Therese Hospital in Waukegan. He was a WWII Army veteran. He was employed by the Lake County Health Department, Environmental Health Division, retiring in 2001.

Dwaine is survived by his wife of 30 years, Carol; five children, DuAnn (Maynard) Webb of Sharon, Wis., Linda (Michael) Hoeth of Wildwood, Kristi (Robert) Bowman of South Beloit, Laura (Michael) Tumminello of Waukegan and Michael (Bonny) Wheeck of Ingleside; 11 grandchildren; eight great grandchildren and a sister. Dwaine is preceded in death by his parents, Edgar and Edna Gunnarson; a brother, and a great grandson.

Visitation was at Marsh Funeral Home of Gurnee on Feb. 10 from 5-9 p.m. with a Masonic Service at 7 p.m. Visitation on Feb. 11 was from 9-10 a.m. with Funeral Service at 10 a.m. Interment was at North Shore Garden of Memories.

Florence Virginia Gray

Age 81, of Vernon Hills, died Thursday, Feb. 5, 2004 at Brentwood North Healthcare Center in Deerfield.

She is survived by her husband, Joseph V. Gray, whom she married on July 7, 1945; her sons, Joseph (Etta) Gray of McHenry, Bill (Debra) Gray of Carbondale and David Gray of Wheeling; a daughter, Cindy (Tony) Ugaste of Vernon Hills; her grandchildren; her great grandchildren and her sister. She is preceded in death by her parents; her three sisters; and three brothers.

Visitation was from 4-8 p.m., Feb. 9 at the Colonial Funeral Home in McHenry. Funeral Service, began with prayers at 10:45 a.m., Feb. 10 at the funeral home with a Funeral Mass following at 11:30 a.m. at St. John's Baptist Catholic Church in Johnsburg with Rev. Robert Balog officiating.

Memorials may be made to the American Diabetes Association.

REVERSE MORTGAGES

MONEY FOR SENIOR HOMEOWNERS

Age 62 Plus No Income or Credit requirements

Money available for any reason

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By Fax: 847.223.2691

By Mail: Lakeland Newspapers

P.O. Box 268

Grayslake, IL 60030

In Person: 30 S. Whitney St.,
Grayslake

DEADLINES

Direct Line... Tues. 5pm
Classified (Business & Private Party)... Wed. 11am

HOURS

8am-5pm... Mon.-Fri.



Cancellations:
You may cancel your ad before 11 a.m. on Friday for the following week's publication.
Please Check Your Ad:
In the event of an error, Lakeland Newspapers will be responsible for only the first incorrect insertion and only the portion of the ad that is in error or rendered useless. Please contact the Classified Department immediately in case of error.

Announcements

**110-
140**

Employment

**219-
250**

Merchandise

**301-
370**

Real Estate

**500-
578**

Rentals

**504-
538**

Recreational

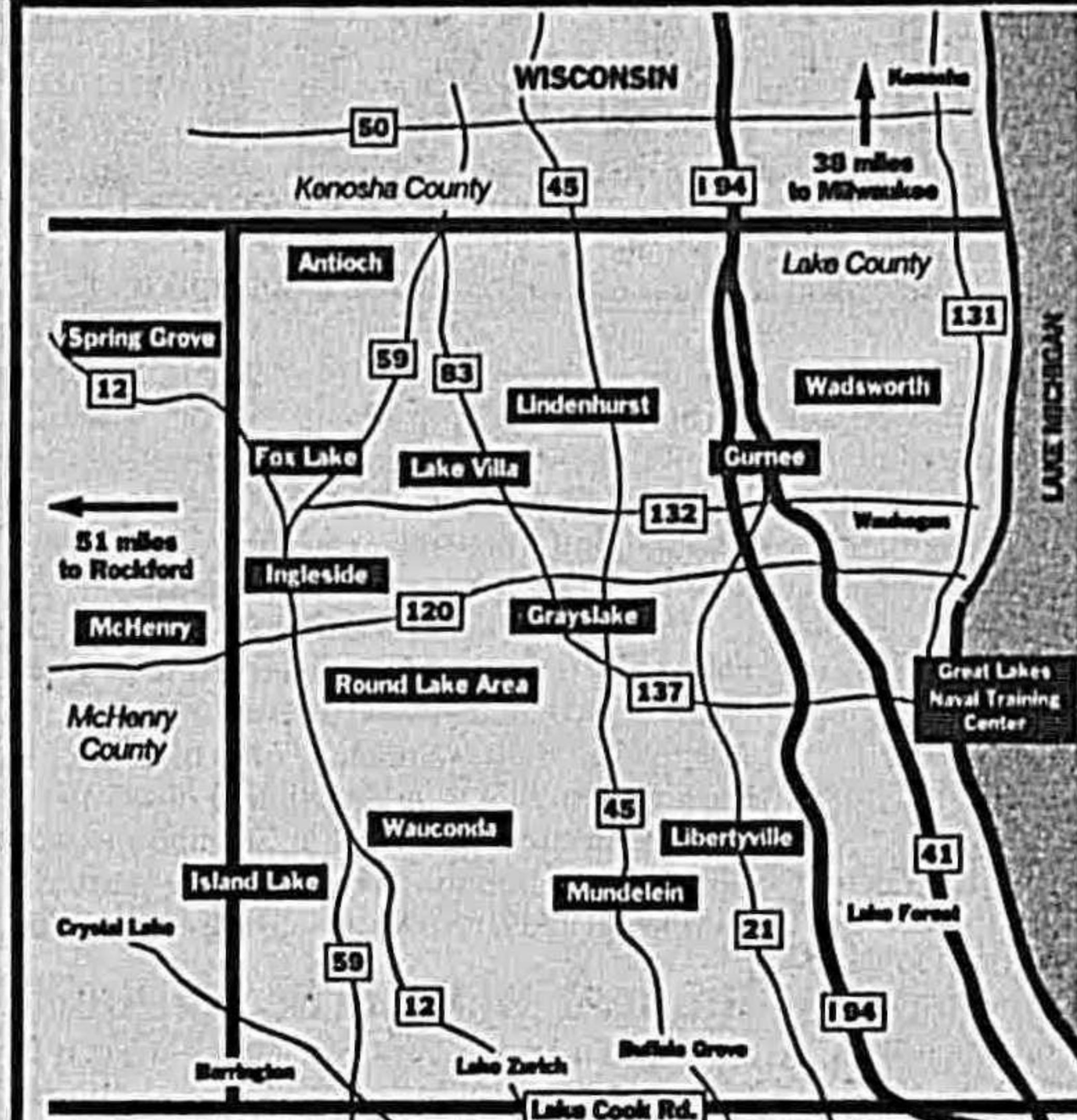
**704-
724**

Automotive

**804-
848**

Services

**S03-
S99**



LAKELAND NEWSPAPERS

Classified

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Ad appears in 11 Lakeland Newspapers!

Antioch News • Round Lake News
Lake Villa Record • Mundelein News
Wadsworth News • Grayslake Times
Fox Lake Press • Gurnee Press
Lindenhurst News • Wauconda Leader
Libertyville News

DISCLAIMER:

PUBLISHER MAKES EVERY EFFORT TO ASSURE THE ACCURACY OF INFORMATION SUPPLIED IN ADS. HOWEVER, PUBLISHER ASSUMES NO LIABILITY FOR INACCURACIES THEREOF.



110 Notices

ARE YOU A SINGLE PARENT?

Parents without Partners is a not-for-profit organization devoted to the interest and welfare of the single parent and their children. PWP members plan educational, support, and social activities for children and adults on a monthly basis. For more information on how you can become a member, please call our hotline (847) 817-5687.

EARN \$1000-\$3500 WEEKLY ANSWERING SURVEYS ONLINE \$25.00-\$75.00 Per Survey. FREE Registration! Guaranteed Paychecks! Mystery Shoppers Needed! \$57.00/Hour Shopping! FREE Government Grants! \$12,000-\$500,000! Everyone Qualifies! www.RealCashPrograms.com

EDUCATION
EARN YOUR DEGREE - Online from home, Business, Paralegal, Computer Specialist and more. Financial Aid, job placement assistance and computers provided. Call Free (866) 858-2121 or www.Tide-waterTechOnline.com.

NEED TO PLACE A HELP WANTED AD?
Call (847) 223-8161

\$4.95/mo Internet!

There is a company in our area that offers fast, reliable, and extremely inexpensive Internet access to our area. What's so refreshingly unusual is that Netpenny has taken the 'Wal-Mart' approach to business - Because of volume Netpenny only charges \$4.95 a month Internet access! Better yet - they have exceptional free customer service, no contracts, 5 free emails, free spam/virus filtering, support instant messaging, no credit card is required and they are engineered for no 'busy signals'! People are getting better service than they've ever had before and saving as much as \$227 or more per year! Imagine saving enough to make a car payment or take a weekend getaway year after year just for switching Internet companies! To sign up today, visit their website at www.netpenny.net or call toll-free at 1-888-248-7239.

Urgent news for people who have used WELDING RODS

Scientists have discovered that elevated manganese exposure from welding rod fumes has been associated with Parkinsonism (like Parkinson's disease) and manganese. Symptoms include shakiness, distorted facial expression, loss of equilibrium, decreased hand agility, difficulty walking, joint pain, loss of short term memory, slurred/slow speech, stiffness in muscles and tremors. Call us today toll free at 1-800-THE-EAGLE for a free consultation to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S. to help people across the country.

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

110 Notices

Health, Sport & GOLF EXPO

PLAYERS & EXHIBITORS!
Don't miss this event to ask the professionals your questions & know what is available in the area.

**SAT. FEB. 21st
10:30 - 4:00 at CLC
(Grayslake Campus)**

Call Tammy at 847-223-8161 ext. 104

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NOTICE
Pursuant to the Business Opportunity Sales Law of 1995, every business must be registered with the Illinois Securities Department. Protect yourself before making purchasing decisions. Contact the Illinois Secretary of State's Securities Department with any questions at 1-800-628-7937.
(This notice is brought to you by Lakeland Media.)

SPRINGFEST EXPO 2004
Exhibitors! Exhibitors! This is the one EXPO that you HAVE to attend. The brand new, never before toured, Lakes Community High School will be the venue! Just imagine the crowds that will be going through the Lindenhurst/Lake Villa Chamber of Commerce Springfest Expo on March 27 & 28, 2004. Two exciting days of high count traffic. Benefits include: The inaugural event at the new High School, tours given, huge crowds, approx. \$18,000 of advertising & promotional value to ensure GREAT attendance, after hour mixer for exhibitors and LLV Chamber Members, \$5,000 of Chamber Bucks to be redeemed at the exhibitor's business (Ask Chamber for details). Sign up now! This is the one event you can't afford to miss!

Call Connie Meadie Executive Director at (847) 356-8446.

First call, first reserved, only 100 booths available.

SUBMIT YOUR LAKELAND CLASSIFIED ADS ON THE INTERNET!

Visit lakelandmedia.com/ to place your ads conveniently. Ads appear on the Internet, in all Lakeland Papers... The Great Lakes Bulletin and The Market Journal for only \$24.00 for 4 lines (approx. 16 words), then only .60¢ for each additional line.

NEED AFFORDABLE HEALTHCARE?

\$100.00 mo per family - No medical limitations, no pre-existing condition exclusions. Not Insurance Call Terry (847) 366-2462 or (847) 949-9339

WILL HAUL AWAY your unwanted scrap metal. Cars must have titles. Call eves. or weekends (847) 336-8599.

110 Notices

WEDDING ENGAGEMENT ANNIVERSARY ANNOUNCEMENTS

To announce a wedding, engagement or anniversary, call (847) 223-8161. There is a short form to fill out and return. Forms can be mailed or faxed to you. Photos are welcome. Fees are listed on the forms. Mailing address:

Lakeland Media,
30 S. Whitney St.,
Grayslake, IL 60030.

Attn: Bridal Sec.

Phone number or questions:
Call Nancy Thielson
(847) 223-8161,
ext. 143.

WINDOW WASHING POWER WASHING DRIVEWAY SEALING CARPET SHAMPOOING.
FREE ESTIMATES.
Call Gary
(847) 651-2684.

115 Lost & Found

\$100 REWARD FOR the return of "LITTLE BEAR", missing since Tues June 16 from Wildwood, IL. Intersection of Old Plank & Meadow. 8lb older orange, blk & brn torti-tabby mixed. Has all claws, timid. Please contact Terry (847)722-5166.

LOST WOMAN'S DIAMOND WEDDING RING, 1/20/04, at Gurnee Walmart. (847)223-0229.

Reward!! LOST CHRISTMAS Eve at Jewel in Round Lake, gold, Amethyst (2 stones) ring, with diamond chips. Extreme sentimental value. Please call (847) 740-4485 or (224) 381-1700.

DID YOU FIND Someone's PET or Special Lost Article? Call Lakeland Newspapers Classifieds Dept., and get your results, FOUND ads are RUN FREE of Charge. Call (847)223-8161.

120 Free

DON'T THROW AWAY YOUR OLD COMPUTER EQUIPMENT. I will come and pick it up for FREE. Call (847) 970-7388.

FREE LIFESTYLE 8.0 TREADMILL. (847)395-6418.

ATTENTION PET OWNERS
We Do Not Knowingly Accept Ads For Free/Giveaway Animals

If you must give up your beloved pet, please consider these suggestions.

*Free animal ads suggest that there is something wrong with the animal, or that it has no value.

*Some people who respond to these free animal ads are imposters and are only concerned about making a profit and not the animal's welfare.

*Charging a fee to a potential pet owner confirms the responsibility of pet ownership for an entire lifetime of that pet. For more information, please contact the Humane Society.

WILL HAUL AWAY your unwanted scrap metal. Cars must have titles. Call eves. or weekends (847) 336-8599.

NEED DENTURES?
New dentures available in just one day for \$650/sel., \$350/single plate. Other dental services available. Call Dr. Richard Lin (847) 872-3041.

120 Free

ARE YOU SPRING CLEANING?? GET RID OF THE CLUTTER AND RUN A FREE or GIVEAWAY Ad in the Lakeland Classifieds. Free and Giveaways are run at NO CHARGE! (We discourage any pet ads). Deadlines: 10am Wednesdays. (847) 223-8161, ext.191.

125 Personals

A BABY ADORED
We have a big backyard, big hearts, and a big dream of adoption. We're best friends, married for 12 years, have large, loving families and a deep respect for your choice of adoption. Call anytime.

CATHY & BRAD Toll Free 1-877-721-6499

A BABY...OUR HEARTFELT DESIRE Down to earth, fun-loving couple can't wait to be 1st time parents! We're outdoorsy & enjoy skiing, travel and summer weekends in our camper with friends/family. We wish you comfort & peace of mind and will help you anyway we can.

Janet & Jim (at our home) 1-888-844-1415

ADOPT
Active, Warm, Stable, Professional Nurse seeks to adopt a newborn. I enjoy outdoors, sports and music. Will provide happy loving home.

Mary Elizabeth Before 5pm 1-800-213-7441 After 1-888-389-0375

♥ADOPT♥
Loving Musical Creative Professionals wish to give your baby a wonderful future. Expenses paid.

Elise & Barry 1-800-816-8424.

ADOPTION: A NURTURING couple seeks to adopt an infant. Will give stable, loving and financially secure future. Expenses paid. Call David & Christine 888-322-0924.

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NEED DENTURES?
New dentures available in just one day for \$650/sel., \$350/single plate. Other dental services available. Call Dr. Richard Lin (847) 872-3041.

135 Business Personals

WOMEN'S WELLNESS MASSAGE THERAPY
\$5.00 OFF your first session.
Certified Massage Therapist
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140 Financial

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219 Help Wanted Part-Time

AVON
POCKET MONEY OR CAREER
YOU DECIDE?
(800)524-5924 #00
(Isr.).

Wait Staff/Bartender
wanted for busy restaurant in Lake Forest.

Contact Don or Van
847-234-9844
Days or Nights
Full or Part Time

PT Accounting Clerk/Admin Assistant
National utility locating firm in Gurnee seeks candidate to handle A/P, data entry & multiple clerical duties. 5 yrs exp. in similar role req'd. Good comp. & comm. skills. Fax: 312-957-0582; email: vj@administa.com, ref. Job #29353. EOE

220 Help Wanted Full-Time

DATA ENTRY GREAT Pay. Flexible Hours! Computer required. Free Training MBN (800)382-4282 ext. 63.

220 Help Wanted Full-Time

WEEKLY POSSIBLE
Starting Next Week! No Experience Necessary. Mailing our brochures from home. FT/PT. Easy! FREE info. Genuine opportunity. Call Now! (800)821-5769 24HRS.

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Compensation: The Final Topic In A New Job

By Scott T. Fletschmann
When I first started recruiting, I would ask each candidate about compensation expectations early in the conversation. Then I would ask about the benefits and salary in his or her current job. My goal was to decide if the candidate would be comfortable with our compensation levels. I wanted to do this early in the process so that I did not waste time with those candidates that would not be satisfied.

When I was not hiring as many people as I wanted, I changed that technique. I started putting the compensation conversation later in the process. Then I reached the point where I was meeting the hiring needs of the organization. I noticed that I had moved that important discussion to the very last topic in the hiring process.

Now, I always prolong the compensation conversation until just before an offer is made, and every candidate should do the same. There is a logical explanation for this delay. The only reason for a recruiter or hiring manager to discuss remuneration early is to eliminate those candidates that do not fit the company's compensation plans. The only reason for a candidate to have that discussion early is to eliminate companies that do not meet their needs.

Unfortunately, neither the candidate nor the company representative knows the other well enough to identify the accurate compensation plan early in the process. Yes, most companies have various compensation plans. The criteria for those who qualify for the various plans are job title, flexibility, skills and experience. Let's look at some examples:

A general ledger accountant who also has experience in cost accounting may be hired into a higher job classification than someone with similar skills, sans the cost accounting skills. That higher classification may be entitled to higher salary as well as a bonus or additional benefits. A human resources representative who has the flexibility to travel to some of the outlying branches may be paid more than someone with comparable skills, who is not able to travel.

Every company has different compensation plans. In the process of identifying the best candidate, the company representative should help each job seeker to understand the culture of the company. Likewise, each candidate should share as much information about his or her skills and experience as possible. When the company likes the candidate and the candidate likes company, the compensation discussions become much easier, and less limiting.

Even when the conversation is done at the right time in the process, many candidates overlook an important part of the compensation analysis. That missing link is the variability of the plans that have been established by different companies. Some companies may have better benefit plans and others may have a better salary structure. Many job seekers do not know how to estimate the value of those differences. We will look at that evaluation process in the next column.

Scott T. Fletschmann is the Managing Principal for Integrity Business Solutions Inc., a full service management consulting firm. He can be contacted through e-mail at fbf.scott@juno.com or through the company web site at www.aboutintegrity.net.

220 Help Wanted Full-Time

AIRLINE MECHANIC - Rapid training for high paying career-Aviation Maintenance. FAA predicts severe shortage. - Financial Aid - Job Placement. Call free (888) 349-5387, AIM 5 locations.

AMERICA'S AIR FORCE
Jobs available in over 150 careers, plus: *Enlistment Bonuses for certain careers *Up to \$10,000 Student Loan Repayment *Up to 100% Tuition assistance *High Tech Training High-School grads age 17-27 or prior service members from any branch, CALL (800)423-USAF or visit AIRFORCE.COM U.S. AIR FORCE CROSS INTO THE BLUE.

ANNOUNCEMENT: NOW HIRING FOR 2004 Postal Jobs \$16.20-\$39.00/hr. Full Federal Benefits, Paid Training. No Experience Required. Green Card OK. Call (866)895-3696 ext. 2400.

ATTENTION DRIVERS WERNER Enterprises & CDL Training have joined to provide a quality Training program in the Trucking Industry. Excellent salary/benefits. Tuition Reimbursement. Call Brandy 888-503-5151

DRIVERS
Are you ready for a move?

Average Up To \$1.17 Per Mile!
• Weekly Settlements!
• \$1,000 Sign-On Bonus!

We have immediate openings in our Dry Van, Electronics and Flatbed Fleets. To be part of our 48-state operation, candidates must possess a minimum of 6 months over-the-road, tractor-trailer driving experience and a Class A CDL with HAZMAT endorsement.

Call: 800-234-3112 or 800-348-2147, Dept. ILS.

VAN LINES

EOE

www.navl.com

Lakeland Media has the following career opportunities available:

Telemarketing

Part-time position.

Monday-Thursday:

5:00-8:30 pm

Saturday:

9:00 am-1:00 pm

Contests, Bonuses and Incentives!

Base pay plus commission

Call Jay after 5PM

847-245-7500

Sales Representative

Hours: 4:30-8:30 pm

Sell classified advertising for 13

different Lakeland newspapers.

Hourly rate plus commission

Call Lisa for interview

847-223-8161 ext. 191

FT Staff Reporter/Copy Editor

Journalism background required.

Community reporting experience

preferred. Candidate will edit copy

and produce local content.

Candidates will be called to take

editing test. No calls, please.

Send resume with 5 published,

diverse clips to address below:

FT Photographer

Photojournalism experience required.

Prior work in community journalism

desired. No calls, please.

Send resume with 10 published,

diverse clips to address below:

Managing Editor, Lakeland Newspapers, 30 S. Whitney St., Grayslake, IL 60030

220 Help Wanted Full-Time

ATTENTION DRIVERS: QUALITY Carriers now hiring. Competitive wages/benefits. Require minimum 23 yrs of age, 2 yrs. OTR, CDL with tank/hazmat. Call 800-274-8265 ext. 224.

ATTENTION: Stevens, CR England, Werner Need Driver Trainees. Pre-hiring today. NO Experience needed. 16 day CDL training. \$34,000 to \$38,000 first year. Call 1-888-434-0124.

****AVON** ENTREPRENEUR WANTED:** Must be willing to work whenever you want, be your own boss, enjoy unlimited earnings. Let's Talk. **1-888-528-2866**

CALI BOUND. NOW hiring sharp, outgoing people to travel entire US representing lip sport, fashion & news publications. Expense paid training with base guarantee. Daily - weekly - monthly bonuses. Trans & hotel provided with return trip guaranteed. Call (800)282-0381. Call today - start tomorrow.

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Insurance & Financial Services
is interviewing agent candidates for the Grayslake area.
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Call
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EOE

DATA ENTRY COULD EARN \$15/Hour and up! Medical Billing. Training Provided. PC Required! Call 7 days. (800)935-1311 ext. 308.

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EOE



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Help Wanted
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EASY WORK!
NO EXPERIENCE
\$500-\$1,000 part-time at home stuffing envelopes. For free information send self-addressed, stamped envelope: R&J Enterprises Mailing Services, Inc. P.O. Box 402 Ingleside, Ill. 60041.

GOVERNMENT JOB. EARN \$12-\$48 an Hour. Full Benefits, paid training on Homeland Security, Law Enforcement, Wildlife, Clerical, Administrative and more. (800)320-9353 ext. 2200.

GOVERNMENT JOBS! WILDLIFE/POSTAL. \$13.51 to \$58.00 per hour. Full Benefits. Paid Training. Call for Application and Exam Information. No Experience Necessary. Toll Free (888)269-6090 ext 200.

HIRING FOR 2004 POSTAL POSITIONS \$14.80-\$36.00+/HR. *Federal Hire with Full Benefits *No Experience Necessary *Paid Training and Vacations *Green Card OK Call (866)317-0558 ext 4001.

HIRING FOR 2004 Postal Positions \$600-\$1520/WEEKLY plus full federal benefits. Entry-Professional level. No Experience Necessary. Paid training/Vacations. Green Card OK. (866)317-0558 ext 805.

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Help Wanted
Full-Time

MARINE TECHNICIAN Lauderdale Lakes Marina, which has been under new ownership for the last 3 years, is currently one of the fastest growing marine dealerships around. To meet this growing demand, we are in need of an exp. marine technician to join our team. Exp. with inboards, Mercruiser and Yamaha/Mercury outboards preferred. We offer a competitive benefits package and an enjoyable work environment. Call or send resume to:
Lauderdale Lakes Marina
N7536 Sterlingworth Dr.
Elkhorn, WI 53121
Phone: 1-262-742-3898
Fax: 1-262-742-2342

Want to Save Big Bucks??
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LAKELANDS CLASSIFIEDS CAN HELP YOU FIND THE RIGHT EMPLOYEES FAST!! TO PLACE YOUR JOB OPPORTUNITIES IN OUR CLASSIFIED SECTION, JUST CALL MONDAY-FRIDAY, 8AM-5PM. (847) 223-8161 or Fax (847) 223-2691

Restaurant & Bar Manager Must have experience. Kevan's Tavern 847-912-4400

220

Help Wanted
Full-Time

◆ Showcase your business at *The Round Lake Area Chambers Home & Trade Fair*. March 13th-14th, 2004.
◆◆◆◆◆
Limited Booth Space Available. Call 847-546-2002 for more information ◆

Insurance Agency currently looking for Licensed P. & C. Service Representative in Mundelein, IL 847-970-5524 Ask for Debbie

POSTAL JOBS: ACCEPTING Applications Now! Full Benefits, Paid Training/No Experience Necessary. Call for Applications/Exam Info: (800)327-0371 ext TH900.

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WASTING TIME AND MONEY!
PLACE AN AD WITH
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AND GET THE
RESPONSES YOU NEED!
847-223-8161

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Help Wanted
Full-Time

Customer Service A Great Place to Work! One Step Ahead, a leading children's mail order and Internet company located in the far north suburb of Lake Bluff, IL has excellent opportunities for qualified individuals in our customer service department.

EVENING SALES GROUP LEADER (Full and Part Time)

Responsibilities include training staff on our products, investigating customer inquiries and monitoring sales call volume. Ideal candidate will have 1+ years call center experience with proven experience leading and training others preferred. Must be thorough, detail-oriented with good organizational skills and be able to rely on judgement to accomplish sales goals. Solid written and verbal communication skills are required. Customer service experience and knowledge of Ecometry a plus. Must be able to work Monday, Tuesday, Wednesday from 3:30 or 4pm to midnight plus a weekly Saturday or Sunday morning shift.

EVENING & DAYTIME TELEPHONE SALES REPS (Full and Part Time)

Responsibilities include taking inbound telephone orders, processing customer orders and responding to product inquiries. Ideal candidates will have some call center and keyboard experience, good communication skills, and a stable work history. Full-time and part-time day and evening positions available that include the hours of 4 to 7pm. Evening shift positions must include one weekend day shift per week. Day positions must be available to work one weekend day shift per month.

We offer a competitive salary and excellent benefits including personal/vacation time. Please send resume, stating the position you're applying for, and salary requirements to:

One Step Ahead, HR
75 Albrecht Drive
Lake Bluff, IL 60044
Fax: (847) 615-2280
Email:

Amerrick@onestepahead.com
Please visit our website at: www.onestepahead.com
EOE

221

Medical Opportunities

MEDICAL ASSISTANT We need 2 experienced MA's, one for our Pediatric office in Lindenhurst 30-35 hrs. per week, and one for our Internal Medicine office in Gurnee, 25-30 hrs. per week. Mail or fax resume: Northern Lake Medical, Ltd. 45 Tower Court, Suite C Gurnee, IL 60031 Fax: 847-623-9168

225 Business Opportunities

ARE YOU MAKING \$1000 per week? All cash vending routes with prime locations available now! Under \$9000 investment required. Call Toll Free (24-7) (800)668-9569.

ATTENTION LADIES!!

Have fun & make money. **SURPRISE PARTIES** Is interested in talking with you to present **Lotions, Lingerie & Fun-Love Stuff.**

Average Rep makes \$65 an hour profit. (847)622-9839.

With This Ring
Are you trying to reach the BRIDAL or female market?
Don't miss your chance to be part of Lake County's most promoted bridal & fashion show.

Beauty & Bridal Showplace
OF LAKE COUNTY

March 21st at the Crowne Plaza in Mundelein.

Call Tammy Marchetta today at 847-223-8161 ext. 104 for information. Limited booth space available.

Are You Trying To Reach The HEALTH, SPORT or GOLF Enthusiast???

Then don't miss out on the upcoming premier EXPO co-sponsored & hosted by the College of Lake County on Feb. 21. Call Tammy today at **Lakeland Media Productions** for additional information at 847-223-8161 ext. 104.

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504 Homes For Rent

FOX LAKE WATERFRONT REDUCED RENT FOR GOOD TENANT
Very good view! 2Bdr Apartment. Sec. 8 Welcome. (847)223-0993

GRAYSLAKE 3-BD., 2-CAR gar., \$1,150/mo. Agent owned. (847)360-8399.

GURNEE RENT TO OWN 3-bd., 1-1/2 bas., heated gar., Woodland School Dist. \$1,400/mo. (773)537-7531.

GURNEE-BRIDAL WOOD TOWNHOME NEWLY DECORATED
2bd/2.5ba, 1 car gar, C/A, New appl's, microwave, W/D. New carpet & FP. W/Beautiful view. No pets. \$1,200/mo + sec. Lve Msg. (847)362-9590

GURNEE/WILDWOOD 3BDR/1.5BA. W/2 car gar., \$1200/mo. (847)360-8399.

HOME FOR RENT-3 BR TRI-LEVEL, Woodlands school dist. w/private sauna & jacuzzi. \$2250/mo + sec & credit check. Good neighborhood, no smoking/pets. Call Kim at 847-623-1598

HOUSE FOR RENT
3BDR/2BA on Hwy 83, 215 S. Milwaukee. \$1000/mo. Call: (847)571-3914.

INGLESIDE 2-BD., LIVING-ROOM, eat-in kitchen, nice yard. Available Now. \$875/mo. + security deposit. Need references. (847) 546-5809, leave message.

KENOSHA, WISC. 1-BD. home, appls., remodeled, \$600/mo. sec. lease. (262)657-0588.

LAKE VILLA-GURNEE MILLS Cozy 3-bd. lakefront home. All new appls., including laundry, \$1,450/mo. (847)323-3437.

LINDENHURST 3BD RANCH, beautiful woodwork & yard. 2 car gar. Great schools. 10min's from I-94 & Gurnee Mills \$1,250/mo. Lease/option to buy. Call Colleen (847)838-5869.

RENT W/OPTION TO Buy. 3bdr/1ba, 2-car gar, lg yd, owner financing. (847)814-4109.

ROUND LAKE 2 story house, 3-bd., stove, fridge, washer/dryer, 1-car gar, no bsmnt, prefer Section 8 rent assistance. \$1,000/mo. + utilities. (262) 657-7771, (262) 945-3783.

ROUND LAKE BEACH-NICE 3bd Ranch on quiet street, No pets. Sec. 8 OK, \$1175/mo. + sec dep., Tenant pays ALL util's. (224)715-3277.

ROUND LAKE PARK 4-BD/2-ba, pre-approved, Sec. 8. New Carpet. \$1,145/mo. (847)497-9444.

ROUND LAKE PARK 5-bd., 2-full bas., full bsmnt, C/A. No pets. Tenant pays all utilities + sec. dep. Move-in cond. March 1st. \$1,200/mo. (847)949-1730.

THIRD LAKE VILLAGE lakefront home, 5bedroom/2bath, stone fireplace, lakeside deck off of family room, new kitchen with pantry, all appliances & extra freezer & refrigerator, 2.5 car attached garage. Grayslake Schools. MUST SEE TO APPRECIATE! \$1695/month + security deposit. 847-342-3169.

TWIN LAKES, WISC. 3-bd. house, \$1,175/mo. 2-bd. house, \$895/mo. (262) 210-2773.

504 Homes For Rent

WADSWORTH AVAIL. IMMEDIATELY Newly renovated 3-bd., 2-ba., frpl., wrap around deck. Ref., credit check, \$1,250/mo. Cathy (847)244-5330, Mon-Fri.

WADSWORTH BEAUTIFUL SECLUDED HOME, 3-bd., 2.5 bas., den, diningroom, eat-in kit., 2.5 car gar, full bsmnt, ref., credit check, dep. required. \$1,400/mo. Cathy (847)244-5330 Mon-Fri.

WAUCONDA 4-BD., 2-BA., appls., washer/dryer hook-up, C/A, tenant pay utilities except water, lake/beach access, \$1,200/mo. + \$1,200 sec. NO PETS. (773)622-3417.

WAUKEGAN - NORTH SIDE 3bd Ranch. Beautifully decorated, freshly painted, new carpet, FP, frnd yd; \$1300/mo or LEASE w/OPTION TO BUY. Owner may carry some financing. Call: (847)625-1258 Anytime.

WAUKEGAN 2-BD., 2-BA., washer/dryer, C/A/C, gar., bsmnt, newly remodeled. Section 8 OK. \$1,000/mo. + util. & sec. dep. (847)249-1241.

WAUKEGAN 3-BD. DUPLEX TOWNHOME, on Flossmoor, A/C, 1-1/2 ba., fin. bsmnt, gar., nice yd. No pets. Avail. 2/15/04. \$985/mo. + utilities. (847)223-6269.

WHY ARE YOU RENTING? Mortgage payments will be less than your rent payment. Everybody gets a home. No down payment home loans available. No costs consultation. Call Tom Ischukum. 847-605-8287. 999 Plaza Dr., Sch. ILL.

ZION RANCH STYLE HOUSE, 3-bd., stove, fridge, washer/dryer, 2 window A/C's, extra lg. yd. on corner, 2-car gar. & storage. Prefer Section 8 rent assistance. \$1,000/mo. & utilities. (262) 857-7771, (262) 945-3783.

514 Condos Townhomes

AFFORDABLE CONDO-ONLY \$79,900!! Great location. Corner of Rt. 41 & Rt. 137 (Buckley Rd.) close to I-94 & Navy Base. One bdrm. loft w/extra finished office w/hrdw floors. Interior freshly painted. Slate entry, FP, A/C, walk-in closet, all appls. & deck. Country club amenities (pool, sauna, exercise room, tennis & more). Call Brenda TODAY! RE/MAX SHOWCASE (847) 596-6109.

BEAUTIFUL 2-BD., 1-BA. condo in Kenosha, Wisc., 1 mi. from I-94. Cathedral ceilings, laundry, porch, pond view, upper end unit. Immaculate. Neutral colors. \$136,900. (262)697-4096.

F.S.B.O. 1-BD. CONDO, FOX LAKE 1-bd. condo. Asking \$53,500. (847)587-7917.

FOR RENT 2-BD., 2-1/2 ba. condo. Mint condition! F/P, A/C, gar., patio & appls. \$1,200/mo. Call Brenda (847) 596-6109. RE/MAX Showcase.

FOR RENT-ONLY \$1,100 PER MONTH!! Lovely spacious 2-bdrm. condo w/2-1/2 bas. Mint condition. Lots of closets, FP, A/C, all appls. & 1-1/2 car gar. Gorgeous pond location w/patio. Convenient & close to everything in central Gurnee area. Call Brenda RE/MAX SHOWCASE (847) 596-6109.

514 Condos Townhomes

FOX LAKE TOWNHOME-HIDDEN Glen II. 5+ rms, 2bd/1.5ba, 1-car gar, + 2 stalls, extra lg remld kit., new appl's + extras. Lake rights. \$112,000. Call for app. (847)561-4822-JIm (847)587-4516-Madelene.

GORGEOUS TOWNHOME IN English Meadows Sub. (Grayslake) located in a cul-de-sac, backing up to wetland conservation. 9ft. first floor ceilings w/2-story foyer, 2-bd., 1-1/2 ba., 1-car gar., vaulted master bd. Close to town. \$162,000. MUST SEE!! (847)543-1498.

GRAYSLAKE BEAUTIFUL TOWNHOME. 2-bd., 3-full bas., new carpet, Pergo flooring, updated kit., professionally decorated. All appls., including washer/dryer. Near CLC. \$185,000. (847) 856-8663.

GURNEE 2-BD. + loft, 1-1/2 ba. townhome, 2-car gar., all appls., w/d, hrwd flrs., balcony, fin. bsmnt. \$1,400/mo. (847)219-3375 Irene.

LIBERTYVILLE CONDO FOR SALE. East Winchester Rd. First floor, 2-bd., 2-ba. condo, 1-car gar., all appls. new. 3blks to Metra Station. \$165,000. (847)680-6163.

MODULARS-DOUBLEWIDES-SINGLEWIDES-ILLINOIS LARGEST DISPLAY OF MODEL HOMES! FOUNDATIONS, BASEMENTS, GARAGES, SEPTICS-WE DO IT ALL! FREE STATEWIDE DELIVERY AND INSTALLATION. RILEY MANUFACTURED HOMES. (800)798-1541.

ROUND LAKE BEACH FAIRFIELD VILLAGE CONDO BY OWNER, 1-bd., 1-ba., 1-car gar., 2nd. flr. Beautiful view of wetlands. \$93,000. (847)270-3167.

ROUND LAKE BEACH TOWNHOME 3-bd., 1.5 ba., C/A, appls., FP, 1-car gar. patio + balcony, pool, close to shopping: , \$950/mo. + sec. dep., 1yr. lease min. Avail. NOW (847)356-6621.

ROUND LAKE, 2 br, 1.5 ba, New Town home, finished basement, 2 car garage. 847-208-4204
★ ★ ★ ★ ★

PALATINE CONDO 2 br, 2 ba, fireplace, dish washer, washer/dryer, furnished. 1 car garage. 262-498-8841

ROUND LAKE-NEW SPACIOUS luxury 3bdr Townhouse 2.5ba, 2 car gar., loft A/C, all appls., W/D, window treatments. \$1395/mo.

THREE BEDROOM, 2-BATH TOWNHOME FOR RENT, C/A, 10min. from Base. Call (224)280-8052.

TWO BEDROOM WITH den townhome, washer/dryer, avail. now. \$950/mo. EDWARDS REAL ESTATE (847)587-8233.

VACATION VILLAGE-2BD/1BA. UP/DN. Channel Front Condo-connecting to Chain 'O Lakes. Completely remodeled. In Front of Pool, office & laundry rm. Must see! Best located Condo here. www.highenergydesign.com/condo (847)401-1167.

ZION TOWNHOME 2BDR/1.5BA, w/alt. gar., newly remodeled, 5 yrs old. \$131,000. (847)830-6509.

514 Condos Townhomes

VERNON HILLS CONDO FOR RENT 2-bd., master w/walk-in closet, 1-ba., diningroom, 1-car gar. w/door opener, neutral colors throughout, newly painted. Ceramic tile in kitchen/dining area, entry & bath, all new appls., washer/dryer, microwave, dishwasher. No pets. \$975/mo. Available immediately. (847) 548-8553.

WAUCONDA IN TOWN WALK TO EVERYTHING Newly remodeled 2-bd., 1-1/2 ba., includes shed, off street parking. Many upgrades. \$39,900. Avail. Immediately (847)526-5000 Leave message.

WAUCONDA IN TOWN LOCATED IN AN OVER 55 COMMUNITY 2-bd., 1-ba., includes all utilities + cable TV. \$895/mo. No Pets. Avail. Immed. (847) 526-5000 leave message.

WAUCONDA IN TOWN LOCATED IN AN OVER 55 COMMUNITY 1-bd., 1-bath Starts at \$29,900

2-bd., 1-bath Starts at \$38,900

2-bd., 1-1/2 bath Starts at \$39,900

2-bd., 2-bath Starts at \$49,500

Some include gar., carport, shed, & decks.

(847)526-5000 leave message.

CITY VIEW For Seniors 55+

4303 75th St., Kenosha.

Lot 33: 2-bd., 1-ba., raised

livingroom, new deck, 14x60

New Yorker, \$11,500.

Lot 44: 2-bd., 1-ba.

handyman special, \$4,500.

Call Sarah (262)537-2314.

MOBILE HOME IN WOODED PARK by Silver Lake, Kenosha County. Asking \$22,900. (262)279-6281.

MOBILE HOME-BEACH PARK IL-Kingsway Estate, 38455 Sheridan Rd, Beach Park, Lot 712, 1987, 2.5 BR, 1.5 BA, cent. air, appliances. \$9,500 (What a Deal!) ★★★★ 847-883-4214 ★★★★

ROUND LAKE MOBILE HOME 2BD/1BA w/separate tub & shower. Lrg LR, Lrg eat-in Kit., \$13,500/Priced for Quick Sale. (847)356-6169.

ROUND LAKE-NEW SPACIOUS luxury 3bdr Townhouse, 2.5ba, 2 car gar., loft A/C, all appls., W/D, window treatments. \$1395/mo.

DOWNTOWN GRAYSLAKE 2BDR/1BA. \$695/mo. 262-877-8990.

518 Mobile Homes

QUIET COUNTRY LIVING In Wheatland Estates Lot 201 1995 Dutch mobile home, 16x80, 3 bedroom, 2 full baths, livingroom with sky-lights, dining area, kitchen, master bath has garden tub & sky-lights, shed, asking \$33,600.

Lot 66 2-bd., 1-ba., 14x70, completely remodeled, lg. deck. Asking \$12,500. Call Sarah (262)537-2314.

WAUCONDA IN TOWN 1-bd., 1-bath Starts at \$29,900

2-bd., 1-bath Starts at \$38,900

2-bd., 1-1/2 bath Starts at \$39,900

2-bd., 2-bath Starts at \$49,500

Some include gar., carport, shed, & decks.

(847)526-5000 leave message.

Off the Beaten Path® by Eric Hodecker

We finally get to go out to a nice restaurant, and you forget your mouth.

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520 Apartments For Rent

ISLAND LAKE
2BDR - 4.5 Rms., appl's.,
new carpet/paint, patio, deck,
2PS. Avail. now.
(847) 639-3430.

KENOSHA, WISC. 1405
Sheridan Rd. 1-bd. apt., total-
ly remodeled, appls., \$45/mo.
sec. lease. (262) 657-0588.

LAKEVIEW TERRACE
APARTMENTS LAKE VILLA
Large 1 & 2 bedrooms, \$715-
\$840/mo. Heat, water, air in-
cluded. (847) 356-5474.

LARGE 2-BD, IN Beach Park,
2nd floor in 2 unit, \$700/mo. +
sec. dep. (847) 263-0035, cell
(847) 508-8765.

LIBERTYVILLE
601 N. Milwaukee:
1bd Deluxe 750+ sq.ft.
Avail. now.
Lots of closet space.
w/d, stove, refrigerator,
dishwasher, microwave,
C/A. \$875/mo.
2-to choose from.
Loving Real Estate
(847) 244-4220
(847) 682-0499

N.E. WAUKEGAN 1-BD. apt.,
furnished, carpeted, drapes,
blinds, heat included, also in-
cludes 1 stall insulated gar.
complete, \$725/mo. + sec.
dep., 1yr. lease. 1-bd. effi-
ciency, \$595/mo. (847) 244-
7658, (847) 244-0840.

★ROUND LAKE★
**ROSEWOOD
APARTMENTS**
1-2-3 BEDROOMS
★★847-546-6800★★

WAUCONDA 1 BD. APT.,
heat & hot water included.
\$635/mo. Lease, sec. dep.,
rel. No pets. Available imme-
diately. (847) 433-0891.

WAUKEGAN 3-BD., 2-FULL
ba., on first floor, huge apt.,
deluxe appls., laundromat,
private park, near Sheridan
Rd., 5 min. from base, yard,
quiet & safe. Avail. immed.
\$845/mo. Bill (847) 951-7100.

WAUKEGAN-A DETAILED
1BD in well maintained brick
refinished Mahogany. Solid
plaster, 3 closets, dining, A/C,
laundry & prkng. \$595/mo.
(847) 912-3772.

WINTER SPECIAL!
1&2 Bdr Apts. for rent in
Lake Bluff, Lake Villa, Fox
Lake, Crystal Lake &
McHenry. Heat & Gas incl'd.
(847) 254-7679
(847) 295-7148.

528 Apt/Homes To Share

APT TO SHARE
ISLAND LAKE - Female pre-
ferred. 2bd/2ba. Great loca-
tion. No Pets. \$475/mo + 1/2
util's. (847) 707-2047.

GURNEE

2 rooms avail.
\$500-\$650/mo;
Cable & Utilities incl'd.
Call: (847) 962-5249.

LAKE BLUFF
Female non-smoker; will
share Lg home \$485/mo
incl'd. util's & cable. No pets.
Lovely Area. 7 Mins from
Abbott's/Navy Base.
(847) 234-3208.

WAUKEGAN SLEEPING
ROOM and sharing of roomy
house. 10 minutes easy drive
from Navy Base. A roomy
fully furnished, sunlit, first
floor bedroom. Enjoy a high
level of privacy in a quiet,
scenic home which backs up
to forest preserves along
Sheridan Road, on Waukegan's
north side. Boarder has
full access to large home, in a
very safe neighborhood.
You'll have pretty much to
yourself a full bathroom next
to the bedroom. Enjoy well-
equipped kitchen, modern
fridge, your own kitchen cup-

528 Apt/Homes To Share

board, great cable TV, safe
off street parking, bus stop
100 yards away. Room has
own phone line(optional), full
closets + some basement
storage, large basement laun-
dry. Must be stable, very re-
sponsible and considerate
adult, with steady job. No
smoking. \$130 per week. Sorry,
cannot accept new pets to
home. Available Mid March.
Denys50@Hotmail.com. Non-
English speakers okay.
Work at (847) 223-8161
xt.130. Cell is best (847) 207-
8337.

530 Rooms For Rent

ANTIOCH
SLEEPING RM
on Petite Lake.
W/beach, pier, cable
TV.
\$85/wk + \$85 dep.
(847) 872-2436.

GRAYSLAKE
ROOM FOR RENT!!
Female Preferred,
18-24yrs., smokers OK.
Util's incl'd.
\$350/mo + \$350/sec dep.
Will negotiate
week-to-week terms.
(847) 223-8161 ext. 192.

GRAYSLAKE
83 & Center Street
Furnished Live in
Rooms Avail.
To responsible, over 30
Non-Smoker/Drinker.
\$100-\$130/wk. + \$300
Assurance Deposit.
Includes DSS TV, Utilities,
Eat-In Kitchen Privileges.
(847) 561-7622
(847) 223-4113.
Sorry No Pets.

GURNEE AREA, room
\$495/mo, util incl., laundry.
Non-smoker, no pets.
(224) 280-8052.

538 Business Property For Rent

RICHMOND
Fountain Head
Corporate Center
Industrial or Business,
Rt. 12, Superior 2750sf
\$1092/mo. Gross! 250sf
ac ofc, 208 volt/3 phase,
OH doors, dock, 18'
ceilings.
\$2340/mo. Gross! 500 sf
a/c ofc, 480 volt/3 phase,
dock, 2 OH doors, 18'
ceilings.
\$8098sf + \$3288/mo. Gross!
718sf a/c ofc + mezzanine
w/ Private
Decked Dock. Quality
landscaped setting!

BUILDING FOR RENT
12,000sf, heavy power,
loading docks, high ceiling, of-
fices. Burlington Industrial
Park. (262) 763-2922.

GRAYSLAKE OFFICE 795
SQ.FT. \$795/mo. CALL
Chris (847) 548-3320 x 14.

GRAYSLAKE SHOP OR Of-
fice for Rent. 1200 sq ft.
\$995/mo. (847) 548-3320 x
14. Ask for Chris.

GURNEE COMMERCIAL
PROPERTY 1800sq.ft., fully
furnished w/telephones. Fan-
tastic turn key operation.
(847) 623-1900 ext. 215 or
(847) 623-3611 eves.

GURNEE OFFICE SUITES
Includes: phone answering,
voice mail, reception, mail,
conference room, T-1 internet
connection. Grand Ave.
(847) 855-4500.

538 Business Property For Rent

ISLAND LAKE OFFICE
1100 sq.ft. \$850/mo.
Rt. 176 & Roberts Rd.
Avail. Now (847) 639-1431.

LAKEWOOD, ILLINOIS
INDUSTRIAL/BUSINESS
RENTALS AVAL
FEB/MARCH 2004
Reserve Now!
1,200sq.ft. \$695/mo;
2,400sq.ft. \$1,295/mo.
All units A/C office &
bathroom, 12'x14' doors.
27920 W. State Rd. 120,
at Fisher Rd.
Rental office is Unit #53.
Hours: 9-3, Mon-Fri.
or by appt.
(815) 578-8000,
(847) 903-7788.

540 Investment Property

TWIN LAKES Store Front
144 E. Main St
Retail or office space avail.
Approx. 700 sq ft. \$495/mo.
Will consider rent w/option to
buy building which incl'd's
rental apt. (847) 612-6393.

548 FSBO Prime Commercial Property

Located on Sheridan Rd-
Winthrop Harbor. Totally
remodeled, new carpet,
flooring & elec. sys.
Good for Restaurant/Bar.
Only Serious Calls.
(847) 815-9061 ask for Dave.

548 Farms

FSBO-11.2 ACRE FARM.
Zoned Agricultural w/Potential
for Commercial Use. W/Rent-
al Income. Shown by Appoint-
only. (Immed. Occupancy)
(847) 223-0729.

560 Vacant Lots Acreage

FOR SALE 80 Acres,
Kenosha County, 21 acres
Prime Development property,
wooded with pond. Qualified
buyers call 262-877-8309
or E-mail
markwagner@msn.com

FOR SALE ALL WOODED
(3) 1 1/3 acres-\$95,000.
(1) 3.5 acres-\$175,000.
By Wilmot Ski Hill.
(262) 889-4462.

LAKE VILLA TOWNSHIP lot
for sale, w/sewer, \$50,000.
(847) 420-5372.

VACANT BUILDABLE LOT
In unincorporated Lake Co.
1.5 bks from Long Lake
w/Lk rights & sewer. Sloped
lot for walk-out; 50'x18'.
\$27,500.
Adjacent lot avail. also.
(815) 276-4500.

568 Out Of Area Property

PRICE REDUCTION

FARM FOR SALE 25 Acres
IN WISCONSIN - Western
Kenosha County, 7 miles
north of Antioch, ILL. Immedi-
ately south of Bong Recre-
ational area. Consists of large
dairy barn, pole barn with
heated workshop, 3 silos & 3

BDRM HOUSE. Buildings in
good condition. Barn can be
converted for horses.
\$425,000. (262) 537-4847.

TEXAS LAND LIQUIDATION

20-acre Ranches 35 Minutes
from Booming El Paso.
Roads, Surveyed, Refer-
ences. \$8995, \$0 down \$89/mo.
Sunset Ranches. Free
Maps/Pictures (800) 843-7537
www.sunsetranches.com.

568 Out Of Area Property

WATTS BAR LAKE NEAR
KNOXVILLE, TN 39,000
acres tva lake, 4 miles off I-
40. All utilities, dock able,
spectacular views, hard-
woods, level to rolling lots. 1-
800-492-3720

570 Cemetery Lots

CEMETERY LOTS NORTH
Shore Garden of Memories in
North Chicago, Christus Gar-
den Section, 2 lots,
\$4,400/both. (847) 680-4504.

574 Real Estate Wanted

AVOID FORECLOSURE
WE BUY HOUSES.
NO Equity; NO Problem.
Call: (847) 543-6782.

710 Boat/Motor/Etc.

1976 CRUISERS OPEN
BOW 165hp., I/O, new interior,
new camper canvas with
trailer, perfect condition,
\$3,995. (630) 514-0930.

SHORE STATION ALUMI-
NUM, 5,000lb. cap., with D.C.
Motor, full top and cover,
\$5,995/best. (630) 514-0930.

720 Sports Equipment

BRUNSWICK AIR HOCKEY
TABLE, never used. Would
make a great Christmas pres-
ent. \$300/lirm. (262) 857-
9323 (Salem, 1 mi. N of Antio-
ch), call after 4pm.

804 Cars for Sale

BUICK 1997 LESABRE
WILDCAT, silver sand, with
remote starter & remote key-
less entry. This is a one owner-
car, well kept, no rust. New
brakes, rotor, tires, battery &
more, \$5,000. (847) 543-6991
ask for June.

804 Cars for Sale

CHEVY 2001 CAVALIER -
4dr #1293A \$7990.
(888) 386-2438.

CHEVY '99 CAVALIER Z-24
#130823B \$6995. (888) 386-
2438.

DODGE 1995 INTREPID,
good cond., \$2,500.
(847) 265-1644

GREAT DEAL!! DON'T
MISS OUT!! Must sell now.
Brand new tires & FREE car.
\$450. (847) 207-9916.

HONDA '02 ACCORD EX 4-
dr. #231972A \$18,950.
(888) 386-2438.

LEXUS 1994 ES300; White
w/gold trim, fully loaded,
leather seats. \$4500.
(847) 526-0368.

LEXUS SC 400, 1993, with
winter wheels & tires, perfect
condition. \$10,900/best.
(630) 514-0930.

MAXIMA 2001, 4-DR.,
#231924A \$14,995. (888)
386-2438.

MAZDA 626, 2002, #8685A
\$11,350. (888) 386-2438.

MERCURY 2003 SABLE - 4dr
#8720A \$12,990. (888) 386-
2438.

MITSUBISHI ECLIPSE 1997,
100,000 miles, \$5,000. 1997

TOYOTA CAMRY, 77,000

miles, \$6,000. Both in good
cond. (847) 436-2021.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.

TOYOTA - '99 Sienna Van
#231449A - \$12,990.

(888) 386-2438.



• Over 300,000 Readers Each Week •
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S87 Storage

STORAGE WAUKEGAN 2,000SQ.FT.
Near 10th & Sheridan.
Large, secure, 2 level,
lighted, \$450/mo.
Bill (847) 951-7100.

900 Legals

conduct the business this
11th day of January 2004.

OFFICIAL SEAL
/s/ Richard Schwartz
Notary Public
Received: Jan. 22, 2004
Willard R. Helander
Lake County Clerk
0130E-6355-LV
January 30, 2004
February 6, 13, 2004

900 Legals

PUBLIC NOTICE ASSUMED BUSINESS NAME application
NAME OF BUSINESS:
American Gold and Diamond
Brokers
NATURE/PURPOSE:
Broking
ADDRESS(ES) WHERE
BUSINESS IS TO BE
CONDUCTED OR TRANS-
ACTED IN THIS COUNTY:
1001 Old Rand Rd., Waucon-
da, ILL. 60084, P. O. BOX
448, Fox Lake, ILL. 60020,
(847)276-1165.
NAME(S) AND POST
OFFICE OR RESIDENCE
ADDRESS(ES) OF THE
PERSON(S) OWNING,
CONDUCTING OR
TRANSACTION BUSINESS
Edward Barnstable, P.O. Box
448, Fox Lake, ILL. 60020,
(847)276-1165.
STATE OF ILLINOIS)
COUNTY OF LAKE)

This is to certify that the un-
dersigned intend(s) to con-
duct the above named busi-
ness from the location(s) indi-
cated and that the true or real
full name(s) of the person(s)
owning, conducting or trans-
acting the business is/are cor-
rect as shown.
/s/ Edward Barnstable
January 22, 2004

The foregoing instrument
was acknowledged before me
by the person(s) intending to
conduct the business this
22nd day of January 2004.

OFFICIAL SEAL
/s/ Roger W. Verna
Notary Public

Received: Jan. 22, 2004
Willard R. Helander
Lake County Clerk
0130E-6358-WL
January 30, 2004
February 6, 13, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS:
C.E. O'Dell Productions

NATURE/PURPOSE:
Advertising

ADDRESS(ES) WHERE

BUSINESS IS TO BE
CONDUCTED OR TRANS-
ACTED IN THIS COUNTY:

34771 Lake View Ct., McHenry, ILL.

60051, 847-587-2492.

NAME(S) AND POST

OFFICE OR RESIDENCE
ADDRESS(ES) OF THE

PERSON(S) OWNING,
CONDUCTING OR

TRANSACTION BUSINESS

Michelle A. Haluzak, 34771

Lake View Ct., McHenry, ILL.

60051, 847-587-0552.

STATE OF ILLINOIS)

COUNTY OF LAKE)

This is to certify that the un-
dersigned intend(s) to con-
duct the above named busi-
ness from the location(s) indi-
cated and that the true or real
full name(s) of the person(s)
owning, conducting or trans-
acting the business is/are cor-
rect as shown.

/s/ Michelle A. Haluzak
February 2, 2004

The foregoing instrument
was acknowledged before me
by the person(s) intending to
conduct the business this 2nd
day of February 2004.

OFFICIAL SEAL

/s/ Susan L. Smith
Notary Public

Received: February 2, 2004
Willard R. Helander
Lake County Clerk

0206A-6366-FL
February 6, 13, 20, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS:
Manliguis Construction Co.

NATURE/PURPOSE:
Demolition and Excavating

ADDRESS(ES) WHERE

BUSINESS IS TO BE
CONDUCTED OR TRANS-
ACTED IN THIS COUNTY:

3501 Greenleaf Ave., Island

Lake, ILL. 60042, 847-487-
7202.

NAME(S) AND POST

OFFICE OR RESIDENCE
ADDRESS(ES) OF THE

PERSON(S) OWNING,
CONDUCTING OR

TRANSACTION BUSINESS

Maureen Lennon, 3501

Greenleaf Ave., Island

Lake, ILL. 60042, 847-487-
7202.

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TRANSACTION BUSINESS

Maureen Lennon, 3501

Greenleaf Ave., Island

Lake, ILL. 60042, 847-487-
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PUBLIC NOTICE ASSUMED BUSINESS NAME application
NAME OF BUSINESS: D & L Wiring Concepts
NATURE/PURPOSE: Alarm, wiring and networking business solutions
ADDRESS(ES) WHERE BUSINESS IS TO BE CONDUCTED OR TRANSACTED IN THIS COUNTY: 182 Forest Ave., Fox Lake, ILL. 60020, (847)812-3028.
NAME(S) AND POST OFFICE OR RESIDENCE ADDRESS(ES) OF THE PERSON(S) OWNING, CONDUCTING OR TRANSACTING BUSINESS Daniel, Lanette Broderick, 182 Forest Ave., Fox Lake, ILL. 60020, (847)812-3028.
STATE OF ILLINOIS COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.
/s/ Daniel Broderick
/s/ Lanette Broderick
January 27, 2004

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 27th day of January 2004.

OFFICIAL SEAL
/s/ Becky A Watson
Notary Public

Received: February 3, 2004
Willard R. Helander
Lake County Clerk
0213B-6378-FL
February 13, 20, 27, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS: Prescription Programs For America Co.

NATURE/PURPOSE: Sales

ADDRESS(ES) WHERE BUSINESS IS TO BE CONDUCTED OR TRANSACTED IN THIS COUNTY: 580 Trestle Ct., Grayslake, ILL. 60030, (847)548-2120.

NAME(S) AND POST OFFICE OR RESIDENCE ADDRESS(ES) OF THE PERSON(S) OWNING, CONDUCTING OR TRANSACTING BUSINESS

Francis, Marilynn Paladino, 580 Trestle Ct., Grayslake, ILL. 60030.
STATE OF ILLINOIS COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting

LEGAL
ZONING BOARD OF APPEALS
FOX LAKE, ILLINOIS

Public notice is hereby given pursuant to a Petition on file in the Village Clerk's office of the Village of Fox Lake, that a public hearing will be held on March 10, 2004 at 7:30 p.m. in the Village Hall, Fox Lake, Illinois, to hear the Petition of Richard Harrison, owner of the following described real estate to-wit:

A tract of Land described as follows: Beginning at a point 1149.70 feet West of the point which is 2329.45 feet South of the North West corner of the South East Quarter of the North East Quarter of Section 9, Township 45 North, Range 9, East of the Third Principal Meridian; thence North 37° 37' East 49.57 feet; thence West 125 feet, more or less, to Pistakee Lake at High Water; thence South 37° 37' West 49.67 feet; thence 125 feet, more or less, to the point of beginning, in Lake County, Illinois.

Location of property is: West of Eagle Point near Covington.

The common address is: 80 Lake Lane, Fox Lake, IL

Petitioner is requesting the following: A three (3') foot setback for the Northeast corner of proposed garage and a fifteen (15') foot setback for the Southeast corner of garage.

Said Petition is available for examination in the Village Clerk's office at the Village Hall in Fox Lake, Illinois.

All interested persons are invited to attend said hearing and be heard.

Respectfully submitted,
Ron Stochl, Chairman
Fox Lake Zoning Board of Appeals
Dated at Fox Lake, Illinois
This 9th day of February, 2004
0213B-6386-FL
February 13, 2004

900 Legals

or transacting the business is/are correct as shown.
/s/ Francis Paladino
/s/ Marilynn Paladino
January 30, 2004

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 30th day of January 2004.

OFFICIAL SEAL

/s/ Candy Montero
Notary Public

Received: February 3, 2004
Willard R. Helander
Lake County Clerk
0213B-6379-GL
February 13, 20, 27, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS: Scrappers Junction

NATURE/PURPOSE: Online Scrapbook Supply Store

ADDRESS(ES) WHERE BUSINESS IS TO BE CONDUCTED OR TRANSACTED IN THIS COUNTY: 1668 Dolcetto Ln., Gurnee, ILL. 60031, (847)223-2099.

NAME(S) AND POST OFFICE OR RESIDENCE ADDRESS(ES) OF THE PERSON(S) OWNING, CONDUCTING OR TRANSACTING BUSINESS

Cheryl Kolar, 1668 Dolcetto Ln., Gurnee, ILL. 60031, (847)223-2099.

STATE OF ILLINOIS COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

/s/ Sally Romanski

/s/ Myrna Storm
January 30, 2004

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 30th day of January 2004.

OFFICIAL SEAL

/s/Margaret A. Rygle
Notary Public

Received: February 5, 2004
Willard R. Helander
Lake County Clerk
0213B-6381-FL
February 13, 20, 27, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS: Patty's Groom Room

NATURE/PURPOSE: Dog Grooming

ADDRESS(ES) WHERE BUSINESS IS TO BE CONDUCTED OR TRANSACTED IN THIS COUNTY: 408 McKinley Ave., Libertyville, ILL. 60048, (847)680-4736.

NAME(S) AND POST OFFICE OR RESIDENCE ADDRESS(ES) OF THE PERSON(S) OWNING, CONDUCTING OR TRANSACTING BUSINESS

Patricia Ann Nader, 408 McKinley Ave., Libertyville, ILL. 60048, (847)680-4736.

STATE OF ILLINOIS COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

/s/ Patricia Ann Nader

February 10, 2004

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 10th day of February 2004.

OFFICIAL SEAL

/s/Eleanor Petruska
Notary Public

Received: February 10, 2004
Willard R. Helander
Lake County Clerk
0213B-6383-GP
February 13, 20, 27, 2004

PUBLIC NOTICE ASSUMED BUSINESS NAME application

NAME OF BUSINESS: StomCreative

NATURE/PURPOSE: CreativeGraphics/Illustration/Animation

ADDRESS(ES) WHERE BUSINESS IS TO BE CONDUCTED OR TRANSACTED IN THIS COUNTY: 763 Highview Ct., Antioch, ILL. 60022, (847)838-1111.

NAME(S) AND POST OFFICE OR RESIDENCE ADDRESS(ES) OF THE PERSON(S) OWNING, CONDUCTING OR TRANSACTING BUSINESS

Kathleen W. Strom, 763 Highview Ct., Antioch, ILL. 60022, (847)838-1111.

STATE OF ILLINOIS COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

OFFICIAL SEAL

/s/Christina J. Homi
Notary Public

Received: February 10, 2004
Willard R. Helander
Lake County Clerk
0213B-6383-GP
February 13, 20, 27, 2004

PUBLIC NOTICE

IN THE CIRCUIT COURT OF THE NINETEENTH JUDICIAL CIRCUIT, LAKE COUNTY, ILLINOIS

PROBATE DIVISION

Estate of Roberta D. Shipley

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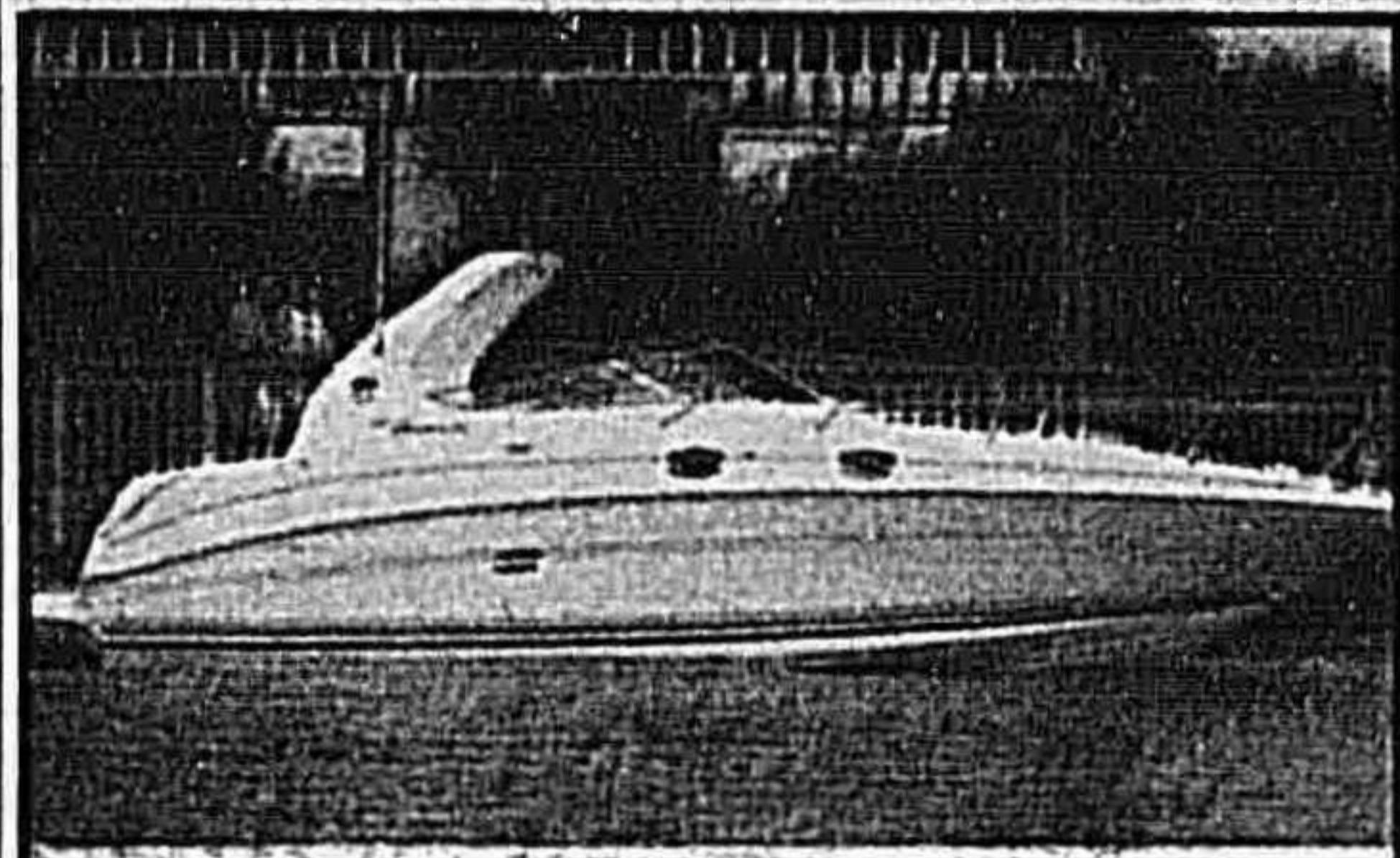
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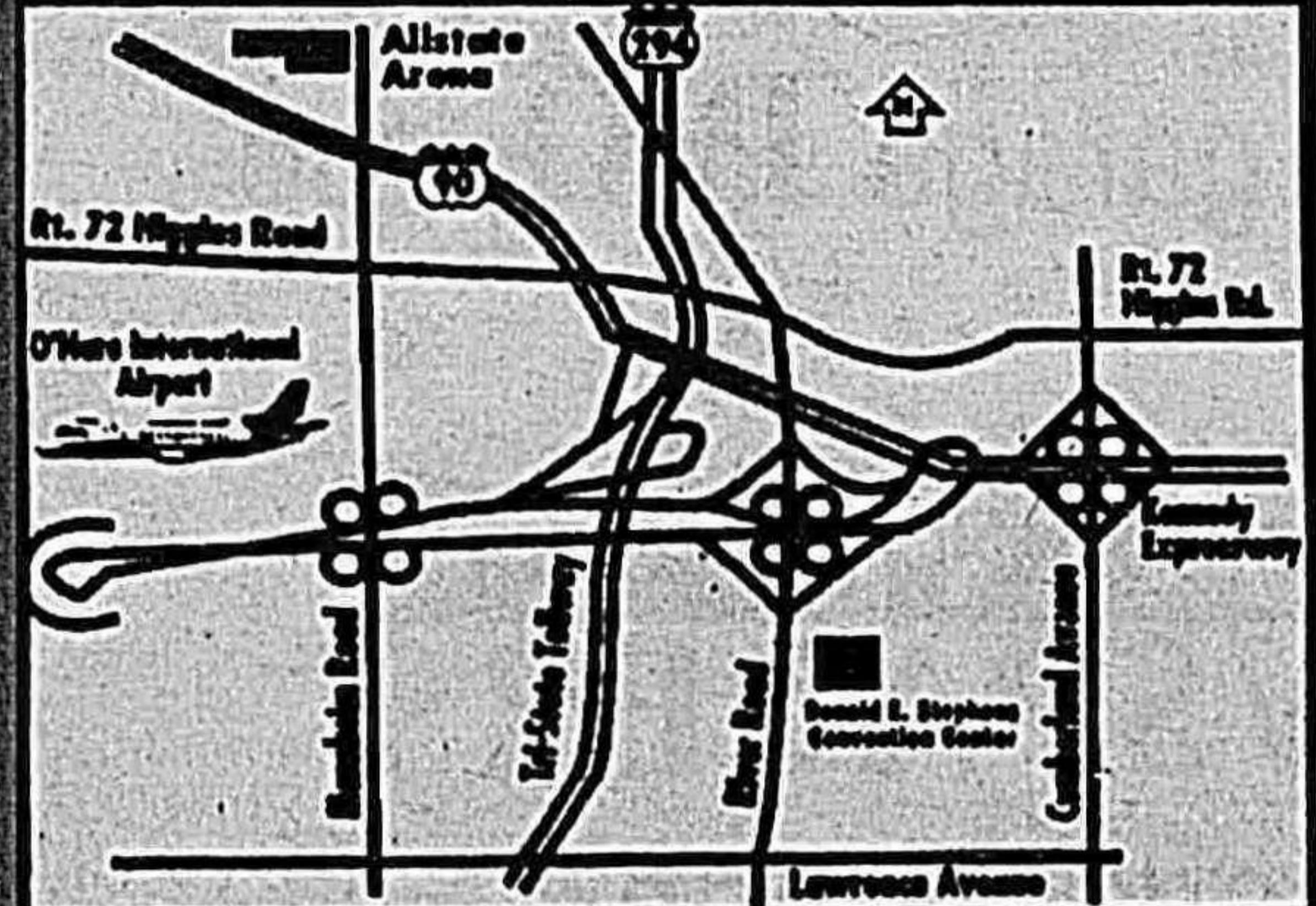
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